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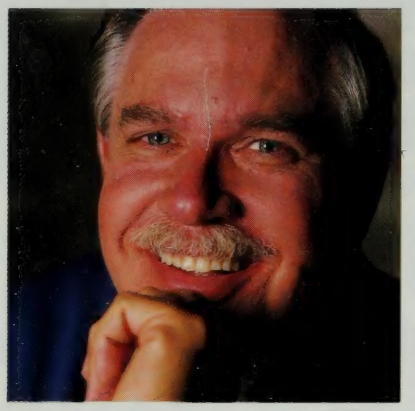
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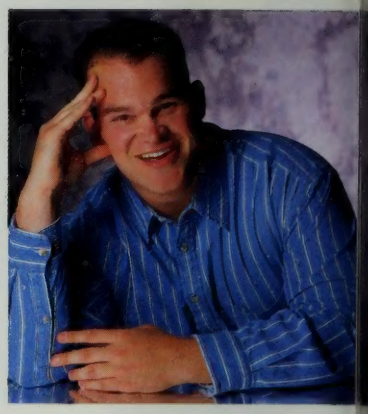
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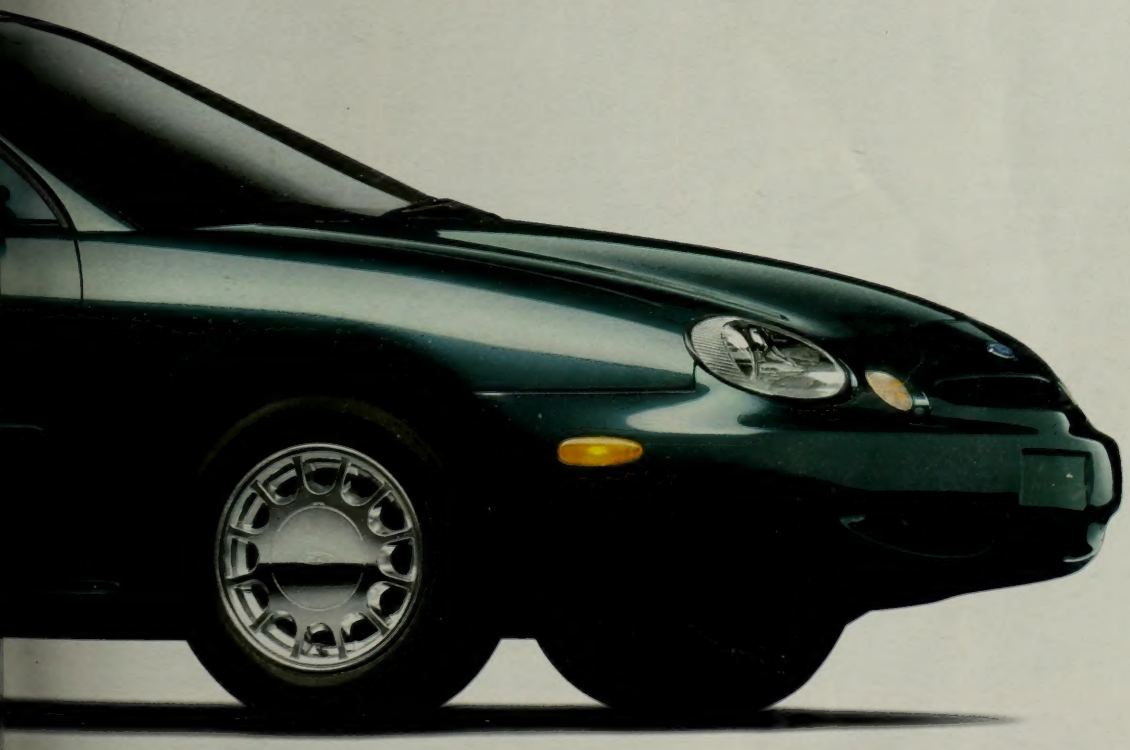
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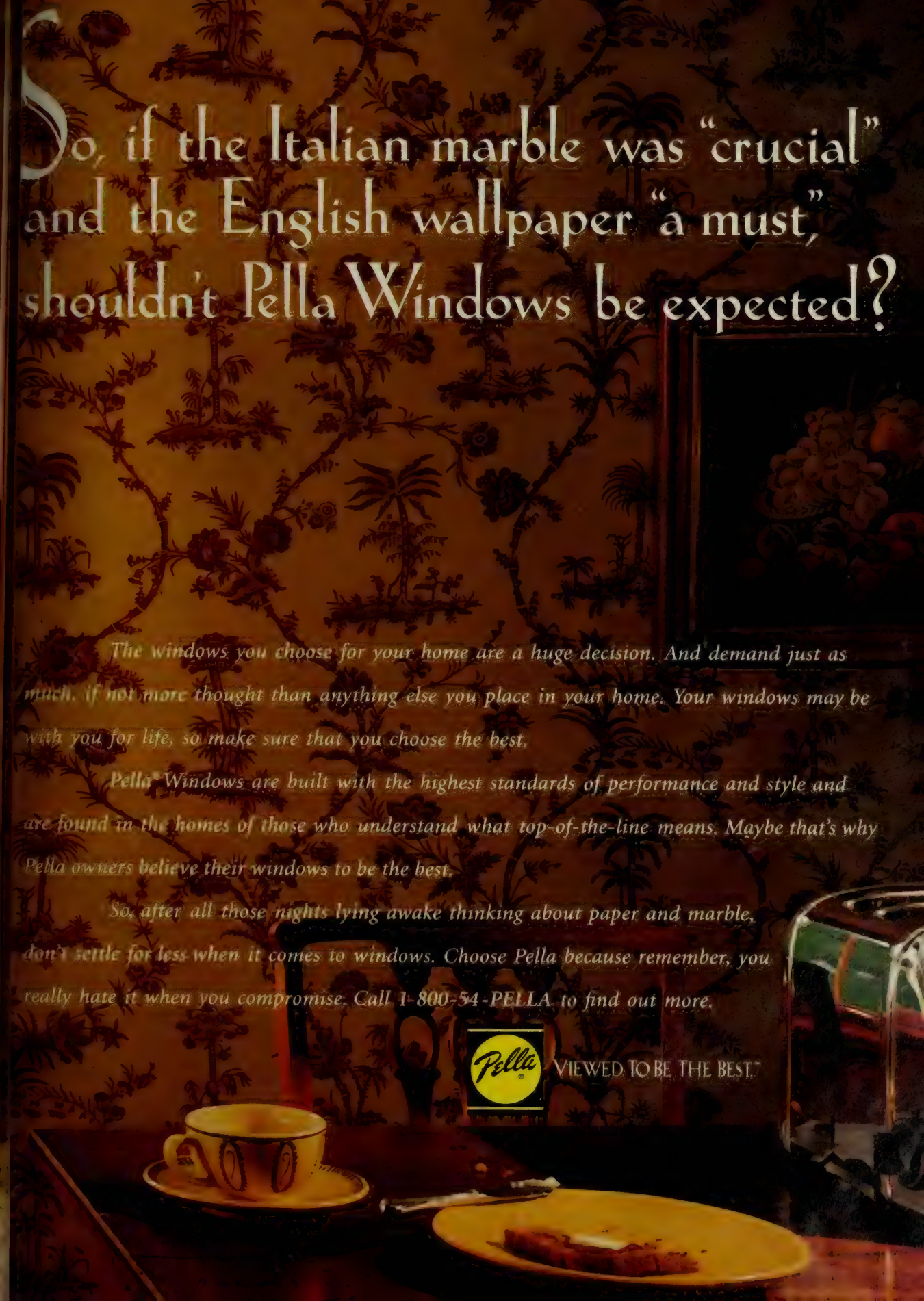
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ANDY LYONS

Teenage girls seem to have a propensity for decorating their bedroom walls with photos of whatever is their thrill of the moment. My daughter, now a mature young woman, surrounded herself with posters of sinister-looking rock musicians. In my own time and in my own way, I did the same thing. I pinned up photos of favorite movie stars and, off and on, photos of flowers (probably an early indication of my now-confirmed passion for gardening).

The one photo on my wall that I remember distinctly, even today, was of a plate of fried chicken and corn on the cob. I'm willing to admit that may not have been what the rest of my peer group thought of as inspiring. But I did. Not only was the food appealing, but the photograph was beautiful. I could just look at it and taste the food.

That tucked-away memory from decades ago came back in a flash as Brad Hong, our Art Director, and I looked at cover images for this issue and chose the grilled ribs and corn on the cob. That's exactly the kind of photo I would have been attracted to—and still am. It's not just the foods (though I confess they're favorites), it's the quality of the photography. To me, it's poster art.

It's that kind of creativity our team of food editors, art directors, and photographers strive for. We insist every photograph make your salivary glands race . . . like our All-Time Favorite BBQ cover photo. And like the long-ago photo on my bedroom wall.

Jean LemMon

Jean LemMon, *Editor in Chief*

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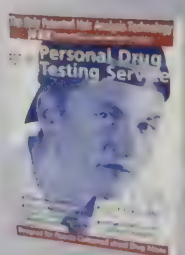
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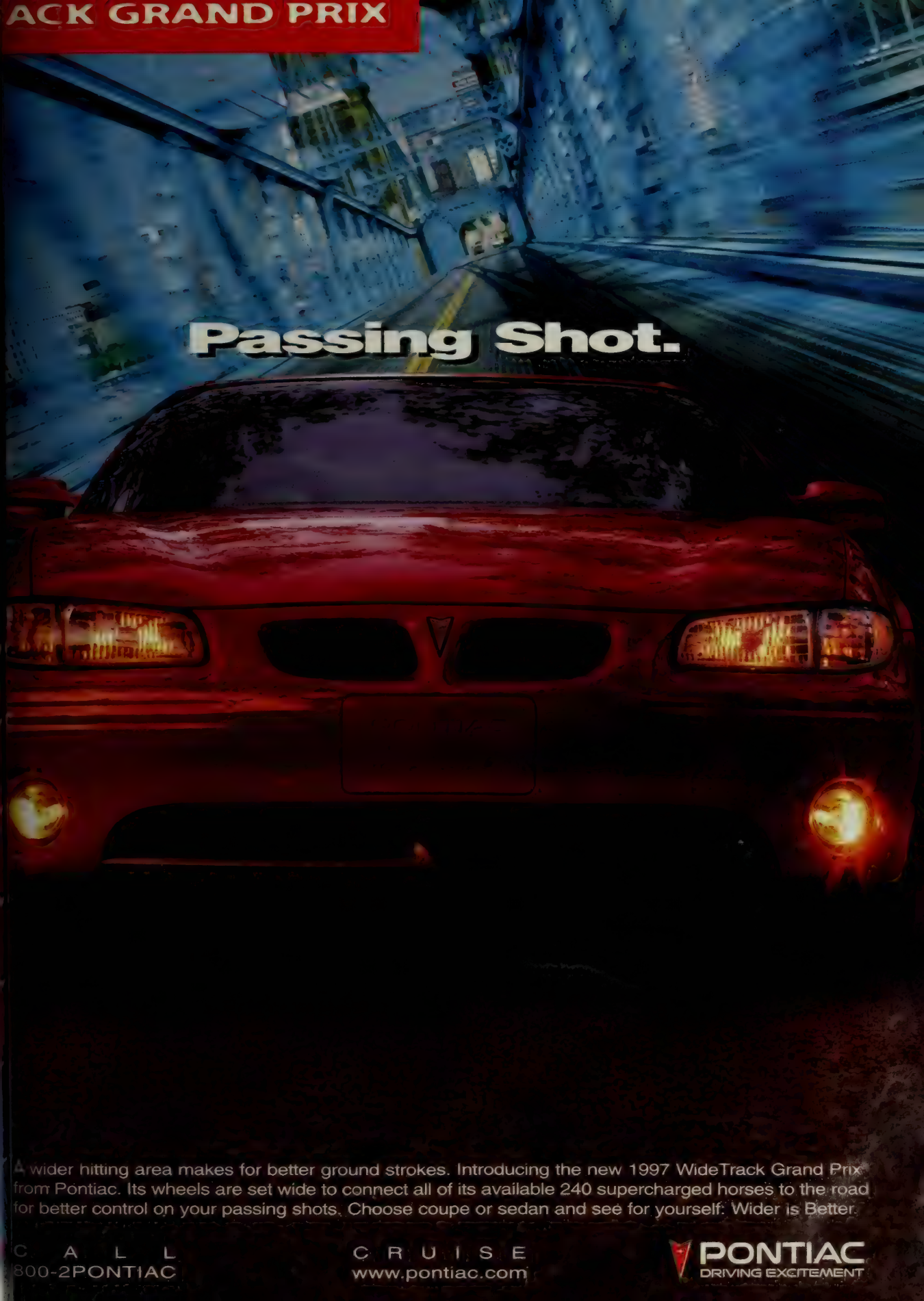
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George and Joe were roommates in the Air Force and George was the best man at Joe's wedding. So when Joe became a Prudential life insurance agent, George was the first person to purchase a policy from his friend. Just before he and Mary were married, George had Joe review his insurance needs and convert his G.I. insurance into a whole life policy.

On Joe's advice, George and Mary increased their insurance coverage after the birth of their son, and again after the birth of their daughter. When George bought a new home, Joe was there to remind him that his life insurance protection needed to increase along with his financial responsibilities.

"I think everyone has an idea of how they'd like their life to unfold, but unexpected things always occur," said Joe. George learned this in 1982 when he became permanently disabled in a car accident. Despite his disability, a provision in his policy allowed him to increase his insurance coverage again. Another provision waived George's premium payments while he was disabled.

In 1995, at the age of 49, George died of a heart attack. Because George had updated his life insurance at critical points in his life, his insurance made sure that the mortgage would be paid and that his family would be financially secure.

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READERS' SOLUTIONS

Saving Soda Money

When our children were little, sometimes their allowance didn't cover everything they wanted to buy. My husband came up with an idea: When we went out to eat they could forego soft drinks; the money saved would be put into their short-term savings. They learned about saving and had a little extra money to spend. And, drinking water with their meal was an added benefit.

Carole Holder
Norman, Okla.

Collect Produce Stickers While Eating Right

Motivate your kids to eat fruits and vegetables by starting a sticker collection. Apples, pears, oranges, bananas, peppers, mangoes, and many other fruits and vegetables come with stickers on them. See how many they can collect. When the stickers tell where the food was grown, look that place up in an atlas. This hobby will turn the produce section into a treasure chest.

Sarah Bourdelais
Milwaukee, Wisc.

Add Fun to Family Reunion

Sometimes family get-togethers can be stressful. We don't see each other for months, and then we all crowd together for a few days—barely able to talk, much less get close. Here's a solution: Ahead of time, write silly requests and family-related questions (reflecting your family's personality and humor) on paper slips. Possibilities include: "Imitate your favorite animal," "What's the middle name of the person to your left?" and "Hug the relative to your right." Make sure they know they can "pass" on any request. My family laughed through an hour of bad imitations and personal vignettes. The game broke the ice, prompted laughter, and created new memories.

Susan Voels
Duluth, Minn.

Thank-You Photo Album

When we visit friends or relatives, I photograph them and the good times we have together. Then I order double prints and place the extra set in a small picture album that I send to our hosts as a thank-you gift. It lets them know we appreciate their hospitality, and it also becomes a keepsake of our visit.

Larry Behnke
High Springs, Fla.

Work-at-Home Mom Fills Briefcases for the Kids

I'm a work-at-home mom who visits offices to deliver work, so I often take my two small children with me. Since they need to keep quiet and happy, I made them each their own briefcase. Each briefcase is equipped with crayons, paper, stickers, and an old calculator. They like pretending to work like me, and it makes them feel important. My reward is the works of art they present me when we get home.

Dawn Field
Wainscott, N.Y.

Sharing the Wealth

My husband and I didn't need the wedding gifts given to first-time married couples, since we were combining two established households. My daughter wanted to give us a shower anyway so, with the help of our church, we had a wonderful

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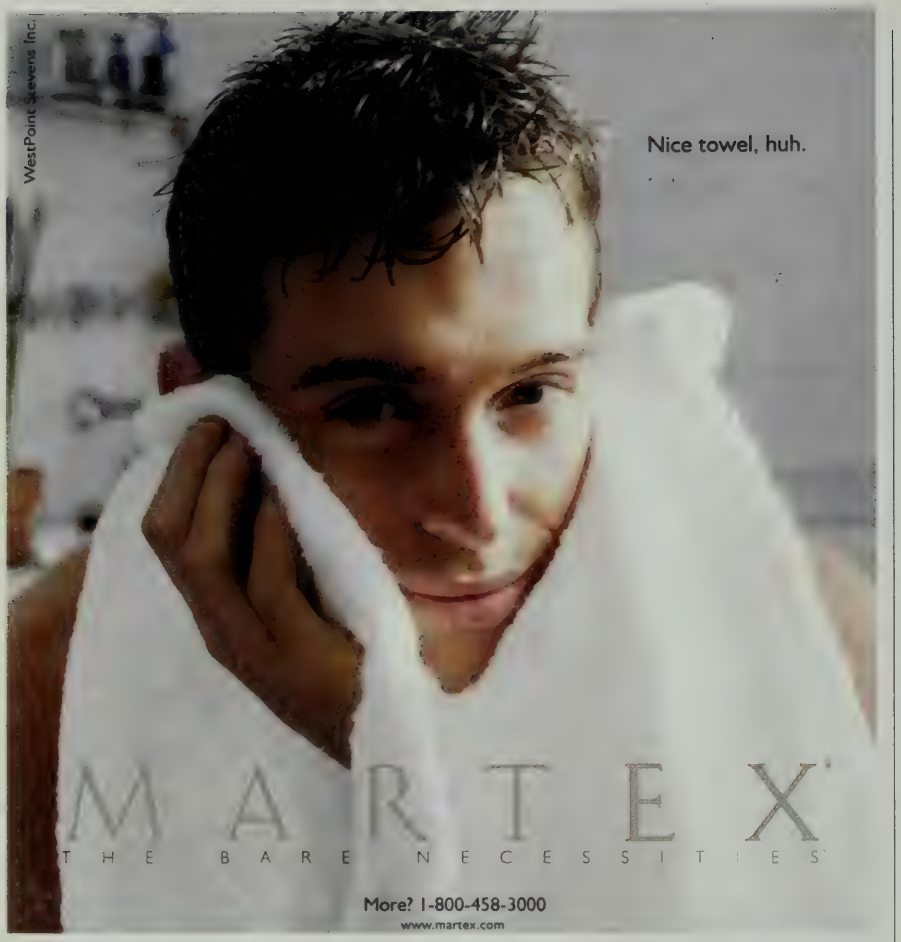
ust for a minute, think the unthinkable. What uld happen to your family if suddenly you weren't re? Where would the money come from for the rtgage? For the kids' education? To live on?
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continued from page 20

party and gave all the gifts to a local women's shelter. A year later, we celebrated our "paper" anniversary and donated all the tissue, disposable diapers, and feminine products we received to the same shelter. Cash contributions from the two parties enabled the shelter to buy a new dishwasher.

Susan Hollman
Omaha, Neb.

The Lessons of Giving

My husband and I thought our children received too many gifts from our many relatives. We suggested that they give lessons of the kids' choice instead of toys. The gift-givers take turns each month, so it doesn't become too expensive, and they enjoy hearing how well the soccer, music, and dancing are going.

Laura Reed
Vergennes, Vt.

Photos Help Sell House

When I was getting ready to put my house on the market, I filled a photo album with attractive photos of my house and yard, showing how the property looked during all four seasons. I kept it on the coffee table so potential buyers could look at it. My house wasn't on the market very long, and the realtor told me the buyer had leafed through the album.

Barbara DeFlumere
East Hartford, Conn.

Cooperation Equals Reward

Every morning our girls make their beds, brush their teeth and hair, and get dressed without reminders, they can choose something from our "surprise" box. It's filled with inexpensive prizes like rubber balls, candy, bookmarks, pencils, and coupons redeemable for a family movie night or a trip to the park. Or they can choose a "Mommy dollar" to save and spend later on a more expensive item from the "Mommy store," which is stocked with books, magazines, dress-up accessories, and other goodies.

Beth Sharpton
Salem, Ore.

Driving Journal: A Record of Experience

When our two sons were learning to drive, they had to enter pertinent information in a small notebook we kept in the glove compartment of our car. Each time they drove they recorded the date, car mileage, total miles driven, weather conditions, and whether it was day or nighttime driving. After they drove the number of miles we required of them in each type of weather, we were confident they were ready to obtain their driver's licenses.

Lori Witt Barber
Salem, Ore.

Game Is Incentive for Kids to Save Money

Can't get your children to save money? Make it a competition. Tell them whoever saves the most money at the end of one month will receive a bonus, anywhere from $2 to $5. The "loser" will be more determined to save the next month.

Danny Broomfield
Richmond, Ken.

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Four Star Armoires

Start with a basic armoire, unfinished or just outdated. Fitted with shelves, drawers, a hanging rod, or a computer tray, it becomes the ideal storage piece for almost any room in the house. Add paint, wallpaper appliqués, or stencils, and the same armoire can furnish an entire room with focal-point style.



A clothing rod and stack of drawers make this cupboard perfect for storing one season's wardrobe. If lemons aren't your cup of tea, cut wallpaper appliqués with a different motif.



Painting instructions, page 33
continued on page 26

Bedrooms blessed with charm often lack storage. Add a twist of both with this fresh-as-lemonade closet. Paint and wallpaper make the embellishment easy.

Paint the body of the closet yellow (or chose a color that coordinates with your motifs); paint the doors and drawers white. Using a ruler and a hard lead pencil, divide the door panels into an even number of rectangles or squares. We divided our door width by 4 and length by 12 to get rectangles measuring 2¼×2⅛ inches. Mark drawer fronts in the same manner, making squares or rectangles measuring about 1 inch. Note: These measurements are for the armoire shown. Yours will vary.

Using painters' tape, mask off every other square, forming a checkerboard. Paint these squares in the first color. Cut out wallpaper motifs (ours are lemons, leaves, and flowers) with scissors or a crafts knife. Glue to the doors and drawers with white crafts glue. Smooth with your fingers, credit card, or brayer. Wipe away excess glue.

When the glue dries, apply two or more coats of clear water-based polyurethane to the doors and drawer fronts.



Multiple layers of paint and a little sanding give this cupboard an aged look that is echoed by the old-fashioned stencils. Customize the drawers by labeling them with what you'll be stashing inside.



Instructions, page 33
continued on page 28

Mother Hubbard's cupboard never looked this good. Eyelet-trimmed shelves and neatly labeled drawers keep kitchen and table wares in their place and close at hand.

If your armoire is preassembled, remove doors and drawers for painting ease. Paint the entire armoire with flat white latex paint. When the paint dries, paint a second coat in blue, or your desired color.

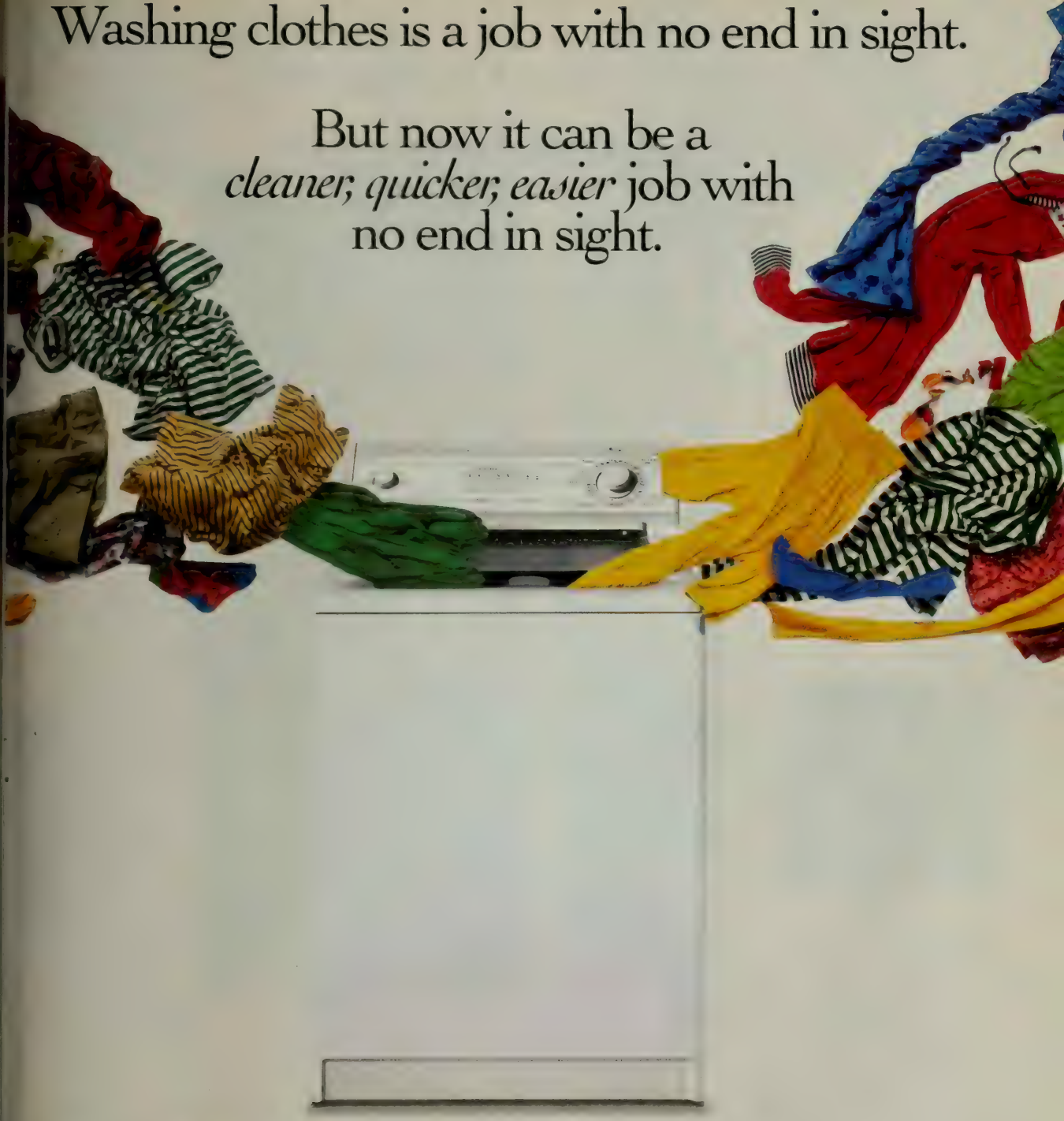
Lightly sand the outside of the cupboard and the drawers with medium-grade sandpaper, letting the white show through in some spots. Areas of normal wear—along the edges, around the knobs—should be sanded a little more. Wipe the cupboard down with a tack cloth.

Paint a narrow white band inside the groove around the door panels. Sand it in the same manner to reveal blue paint. Enlarge the stencil pattern on *page 33* to scale and cut from stencil plastic. Position the stencil in the corner of the door and stencil the design using stencil brushes. We used dark blue cream stencil paint for the flower and off-white cream stencil paint for the scrollwork.

Using a precut alphabet stencil, trace the words for the drawers onto paper, then recut the words from stencil plastic. Center the word stencil on the drawer and stencil, using a stencil brush and off-white cream stencil paint.

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Sherbet colors jazz up a hideaway office. Shelves are spaced at intervals to house the hardware at working height. An added-on, pull-out shelf puts the keyboard at your fingertips.



Instructions, page 33
continued on page 30

Inject a little humor into your homework. Brightly painted doors hide a computer and other home-office gear. Freehand swirls and dots get your creative juices flowing.

Paint the interior, the exterior except the crown molding, and the door panels with your base color. We chose apple green with accents of lemon yellow and raspberry pink. You might pull a palette from your room's key fabric.

When the first coat dries, mask off the crown molding with low-tack painters' tape. Run a credit card over the edges of the tape to seal it to the wood. Paint the crown molding with your first accent color.

Mask off the borders around the door panels in the same manner. Paint these sections in the second accent color. See the photograph, *above*, for details.

Using a pencil, lightly mark serpentine lines around the door. Even though the design is irregular, the lines should curve nicely around each corner and around the knob placement. Draw tighter serpentine lines on the center crossbar between the panels.

Using a size 8 round artists' brush, paint the serpentine lines in the first accent color. If the paint is too thick, thin it with a few drops of water. Dip the handle end of the brush into the paint and use it to make dots inside the curves and on the door knobs. Paint the other door to match. Erase or paint over any pencil lines that show.



Shown: Forte.



Ivory and two shades of taupe give a stately look to a practical piece of furniture. Hiding the TV, VCR, and all their clutter behind closed doors keeps the living room looking neat and tidy.



Instructions, page 33

Buying information, page 99

A painted armoire stenciled with laurel wreaths claims victory over home entertainment clutter. Shelves hold the electronics, drawers stash away tapes and other gear.

Paint the entire cabinet light taupe. Paint the doors dark taupe. If the cabinet isn't already assembled, do not attach the doors. Or remove them for ease in painting.

Using a yardstick and hard lead pencil, bisect each door panel diagonally in both directions, creating four V or triangle shapes within the panels. Mask off the deeper colored top and bottom triangles with low-tack painters' tape. Seal the edges of the tape to the wood by running over them with a credit card. Paint these sections light taupe. When the paint is dry, remove the tape.

Mask off the remaining triangles and paint them ivory. If necessary, paint a second coat to cover the dark taupe. When the paint dries, carefully remove the tape.

Divide the width of the drawer fronts into seven equal sections. Mask off and paint alternating sections ivory, creating wide stripes of ivory and taupe.

Enlarge the laurel wreath stencil design on *page 33* to scale and cut it from stencil plastic. Center the stencil over the painted door panel. Using gold cream stencil paint and a round stencil brush, stencil the wreath onto the door. Use a fairly dry brush so the wreath design appears slightly transparent.



Martha Stewart's new paints. Martha didn't just pick the colors, she picked the colors that go with the colors you pick.

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continued from page 30

General preparation:

These painting instructions will help make your projects go easier and give you more professional results.

If your cabinet is preassembled, remove doors and drawers for ease in painting. Sand all the wooden pieces and wipe them clean with a tack cloth (or cheesecloth dampened with mineral spirits). Prime and paint the cupboard with latex paint, sanding lightly between coats. If needed to cover, paint a second coat. Two thin coats are better than one heavy coat. After the painting is complete, reassemble the cabinet, replacing doors and drawers.

Painting tips:

When marking paint lines, use a straightedge (a ruler or yardstick works fine) and a hard lead pencil. Do not press hard or the pencil will make grooves in the wood.

Use low-tack painters' tape to mask off areas to be painted. Run a credit card or similar plastic card along the edge of the tape to seal it to the wood. Brush the paint away from the tape. Do not let paint build up on the tape. When the paint is dry, carefully remove the tape.

Stencil tips:

If desired, enlarge the stencil design to scale or to the size you want. Lay the design under a piece of glass. Tape stencil plastic (available at crafts stores) to the glass. Cut out the design using a sharp crafts knife.

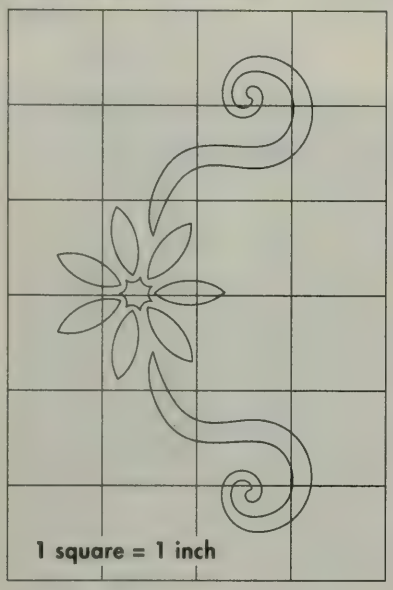
Position the stencil on the doors. Hold it in place with low-tack painters' tape or spray stencil adhesive. Do not use spray glue.

For cream paints, wipe off the skin covering the paint. Using a circular motion, load a stiff-bristled stencil brush with paint. The paint should soften like paste shoe polish. Unload most of the paint onto a paper plate before stenciling. The brush should hold very little paint.

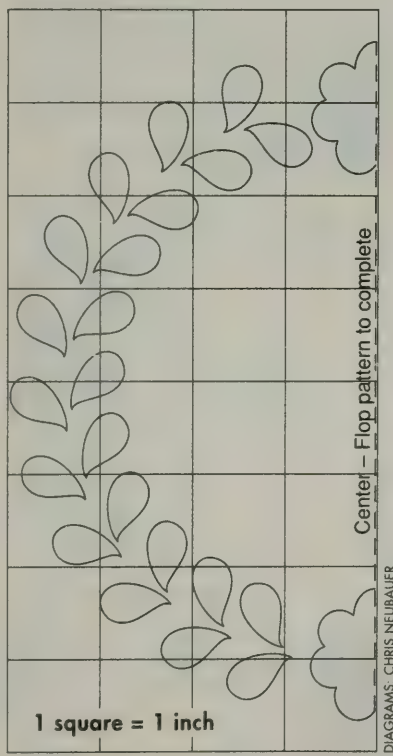
Using a circular motion, stencil the design onto the door, reloading the brush as needed, but making sure the brush is always fairly dry.

Remove the stencil. Clean up any rough edges with a crafts knife or cotton swab before the paint dries.

FLOWER AND SCROLL



LAUREL WREATH

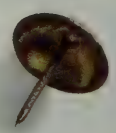


DIAGRAMS: CHRIS NEUBAUER

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by Catherine Kramer and Sharon Overton

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PHOTOGRAPHS: KING AU. DESIGN: JIM WILLIAMS, PEGGY JOHNSTON



Mottled tacks and a ribbon banding embellish this pine table. You could adapt this idea to any table, provided you don't mind marring the wood. We used about 68 ⅝-inch tacks and eight ⅞-inch tacks for a 18×23-inch table. Look for tacks in hardware or upholstery supply stores. Or order them in our kits. You'll also need enough of two widths of ribbon (we used ¾- and ⅜-inch) to wrap around the table top. Tape ribbon in place with the narrow ribbon centered on the wider one. Space tacks evenly on ribbon and hammer in, using a rubber mallet. Remove tape. Finish with two large tacks on each leg, as shown.

To order kit, see page 46
continued on page 36

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continued from page 34





The jumbo (⅞-inch) tacks on this flat-panel curtain are functional as well as decorative. A row of antique brass tacks across the top of the window holds the panels in place, while the tacks on the sill balance the design. To make the curtain, measure the outside dimension of the window frame. The curtain bottom should fall to the top of the sill. Make two double-sided fabric panels with a contrast lining. Finish the top (open) edge with bias tape. We used approximately 34 tacks on this 45¾-inch-wide window. Evenly space half the tacks across the panel tops. (Our points were approximately 2½ inches apart.) If you don't have a rubber mallet, cover the head of a hammer with heavy tape so you don't damage the tacks. Position the tacks in a similar manner across the front edge of the window sill. Pull the curtain panels back and tack them to the frame, as shown.

To order kit, see page 46
continued on page 38



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continued from page 36













Like marquee lights, a band of tacks calls attention to favorite photos. An aluminum clock is an eye-grabber as well when you give it a studded collar. Choose frames with flat fronts. Position tacks in a pleasing way—spaced evenly all around, just on the corners, or along the top and bottom. Let the tack size suggest the arrangement: Large tacks look good alone or spaced widely; small tacks work well in close rows. Add metal or rubber washers to some frames for a layered look. (Glue the washer to the surface before pounding the tack into the center.) For the clock, we snipped the nails off the tacks and glued on both the tacks and washers.

To order kit, see page 46
continued on page 40



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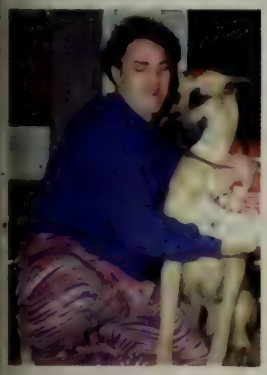




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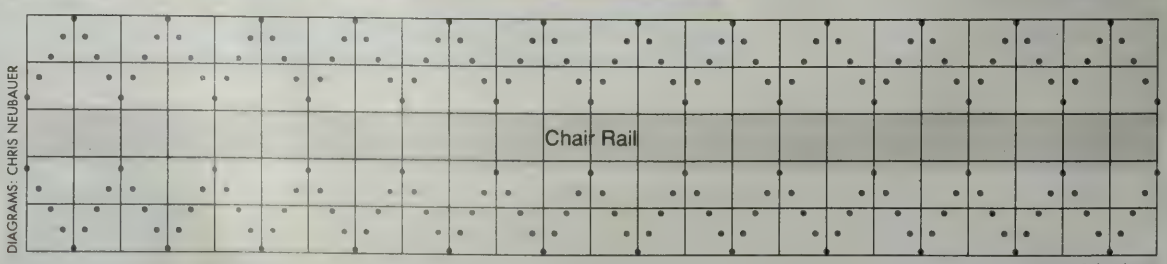
get tacky

continued from page 38



This zigzag border can break up a bland expanse of wall and create architectural interest where none exists. Start by marking a chalk line on the wall where you will attach a chair rail of 1×3 lumber. The top of the rail should rest approximately 30 to 36 inches from the floor, depending on your wall height. Mark the bottom line 3 inches lower. Enlarge the zigzag pattern (*below*) by 800 percent and use it as a template, marking the points for the tacks with an awl and hammer. Our pattern has 4-inch peaks and three peaks per 12-inch section. The top and bottom peaks should line up over one another to form diamond shapes. Hammer the nails into the marked points. Then attach the chair rail.

To order kit, see page 46
continued on page 42



DIAGRAMS: CHRIS NEUBAUER



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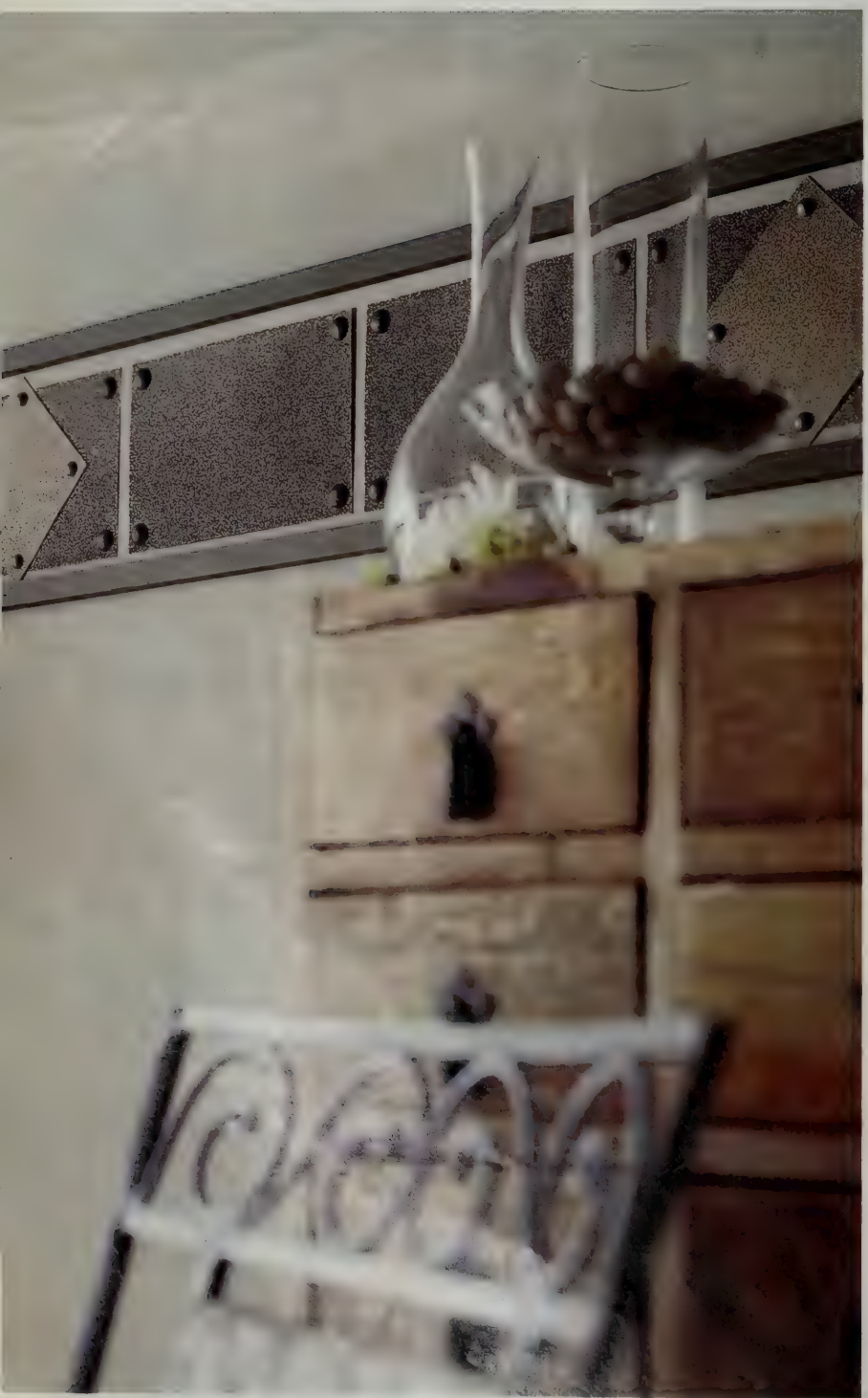


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continued from page 40





Two different colors and grits of sandpaper, cut into rectangles and squares, form this highly textural border. Mottled and pewter-colored tacks fasten the paper to the wall. To form the border, mount a ¾×½-inch wood molding at plate-rail height (about 62 inches or roughly two-thirds of the way up your wall). Cut 9×11-inch sheets of sandpaper in half and position them approximately ½ inch below the rail and ½ inch apart. Place one ⅝-inch mottled tack in each corner. Cut the second sandpaper into 4½-inch squares and center one square on point (turned like a diamond) in every third rectangle. Place 7/16-inch pewter tacks in each corner so they pierce both layers of sandpaper. Attach a second molding strip ½ inch below the sandpaper.

To order kit, see page 46
continued on page 44

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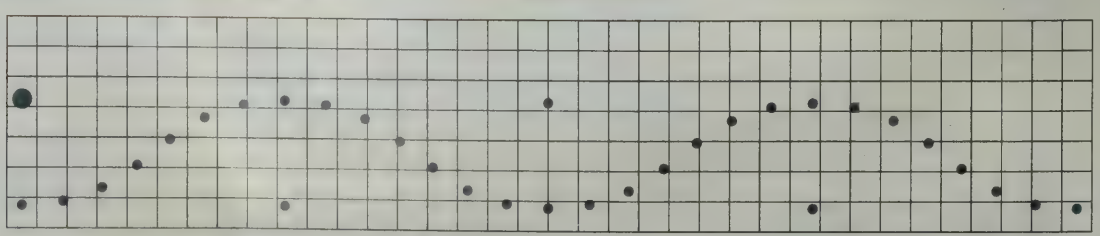
continued from page 42





The clean, simple lines of an upholstered Parsons chair are perfect for experimenting with this wavy treatment. The idea also will work on other types of upholstery, provided you can nail into wood rather than padding, which won't hold the tack. Enlarge and extend the pattern (*below*) to cover all the chair parts where you plan to add tacks. (We used about 200 7/16-inch tacks for the chair shown.) Tape the pattern to the chair, making sure the design flows through the corners. Hammer the tacks loosely through the paper. Use larger (5/8-inch) tacks at the two points where the back meets the seat. Remove the paper and hammer the tacks the rest of the way in.

To order kit, see page 46
Buying information, page 99



1 square = 1/2 inch

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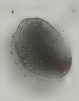
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get tacky

continued from page 44



the tack shop



If you're interested in duplicating the ideas shown in this feature, we have gathered the various sizes and styles of tacks you'll need in easy-to-use project kits. The tacks, which can sometimes be tough to find in stores, are combined with instructions and full-size patterns, if applicable. All tacks are from Turner and Seymour.

The Table Kit contains 100 large (⅝-inch) tacks in a mottled finish and 10 jumbo (⅞-inch) tacks in an antique brass finish (enough to complete one small table) plus complete instructions. You'll need to furnish your own table and ribbons. The price of the kit is $36.95, which includes shipping, handling, and applicable sales tax.

The Curtain Kit contains 75 jumbo (⅞-inch) tacks in an antique brass finish (enough to complete two windows) plus complete instructions. You'll need to furnish your own curtain fabrics. The price of the kit is $39.95, which includes shipping, handling, and applicable sales tax.

The Frames and Clock Kit contains 210 assorted small, medium, large, and jumbo tacks in natural, pewter, nickel, and shiny black finishes (enough to complete all six projects) plus complete instructions. You'll need to furnish your own metal and rubber washers, frames, and clock. The price of the kit is $34.95, which includes shipping, handling, and applicable sales tax.

The Chair Rail Kit contains 3,500 (⅜-inch) white steel nail tacks (enough to complete approximately a 14×20-foot room) plus a full-size pattern and complete instructions. You'll need to furnish your own wood molding. The price of the kit is $99.95, which includes shipping, handling, and applicable sales tax.

The Sandpaper Border Kit contains 1,250 large (⅝-inch) tacks in a mottled finish plus 500 medium-size (7/16-inch) tacks in a pewter finish (enough to complete approximately a 14×20-foot room) plus complete instructions. You'll need to furnish your own molding strips and sandpapers. The price of the kit is $179.95, which includes shipping, handling, and applicable sales tax.

The Chair Kit contains 250 medium-size (7/16-inch) tacks and 10 large (⅝-inch) tacks in a pewter finish (enough to complete one chair) plus a full-size pattern and complete instructions. You'll need to furnish your own chair. The price of the kit is $21.95, which includes shipping, handling, and applicable sales tax.

To order these project kits with your Mastercard, Visa, or American Express card, call *Better Homes and Gardens*® Reader Shopping Service at 800/881-4066. To order by mail, make a list of the kits you wish to purchase and calculate the total from the prices listed here. Send your list with a check or money order for the total amount to *Better Homes and Gardens* Reader Shopping, Dept. 9707, Box 9128, Des Moines, IA 50306-9128. ⌂

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A High-Spirited, Low-Budget Kitchen

by Karin B. Miller



With its perky color scheme and sensible layout, mornings in this kitchen (*above*) will always be cheerful. Because space didn't allow a double sink, the compromise basin choice (*below*), boasts a pull-out faucet and a garbage-disposal inset, which is perfect for cleaning produce.

The purchase of a new refrigerator for a Chicago, Illinois, home blossomed into a total kitchen makeover when the new fridge didn't fit the room's old design.

Jacqueline Lipinski says, "I wanted a refrigerator with a bottom freezer compartment. That led to 'doing this' and 'doing that,' and the next thing you know we were doing the whole kitchen."

Yet she and her husband, Carey, didn't let their remodeling project reel out of control. Instead, they set a goal of creating a larger, more usable work space with sunny 1990s style—while staying within a slim $15,000 budget. To achieve this, they relied on do-it-yourself skills for some tasks and hired professionals when the investment made sense.

The Lipinskis' first step was gutting the original kitchen-dining area in their 45-year-old Georgian home and tossing out its tired appliances and dated decor. Next, they redesigned the kitchen layout from an L-shape, which offered little in



continued on page 50



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An antique pie cabinet with glazed doors offers the ideal place to store the family's china collection. The piece fits the friendly ambience of the dining area, with its wood floor and country table. Meals can be easily served from the counter of the kitchen's peninsula cabinet.

Low-Budget Kitchen

continued from page 48

the way of counter space, to a U-shape by attaching a work peninsula. They also placed the new oven along the sink wall and added a double-door pantry. The result was a more efficient food-prep triangle.

"The layout is a flip of what is typical of similar houses because now the kitchen work area is larger and the dining area is smaller," explains Jacqueline. But the changes suit the couple fine in light of their lifestyle, enjoyment of cooking, and the remodeling's appealing price tag.

To keep cabinetry costs in a reasonable range, the Lipinskis chose stylish units that were moderately priced. "We had cabinet installers come in and put them up," Jacqueline says, "because leveling cabinets can be so difficult."

Carey handled plumbing changes. But an electrician was brought in to update the electrical system, and three recessed lights were added for a better-lit work area. A carpenter set back the pantry wall by 2 inches to accommodate new pullout drawers.

Finished in a lively blue and white color scheme, the completed kitchen is delicious. Sunny yellow backsplash tiles are the perfect complement to the vivid-blue-sky countertop.

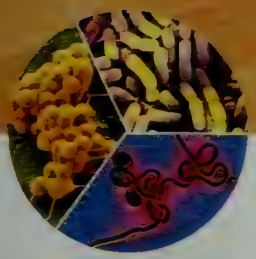
"The design was mine—I had always wanted a blue-and-white kitchen," Jacqueline says.

To save money, Carey leveled the floors himself. Professionals completed the job by installing easy-to-maintain vinyl flooring. The dining room has a simulated-wood pattern, and there's a blue-and-white floor in the kitchen.

The difference in flooring "makes it more like two separate rooms," Jacqueline says. "We don't feel like we're eating right in the kitchen."

Plus, vinyl flooring, rather than real wood, makes good sense in light of the third resident in their home: Cleopatra, the rottweiler dog. ⌂

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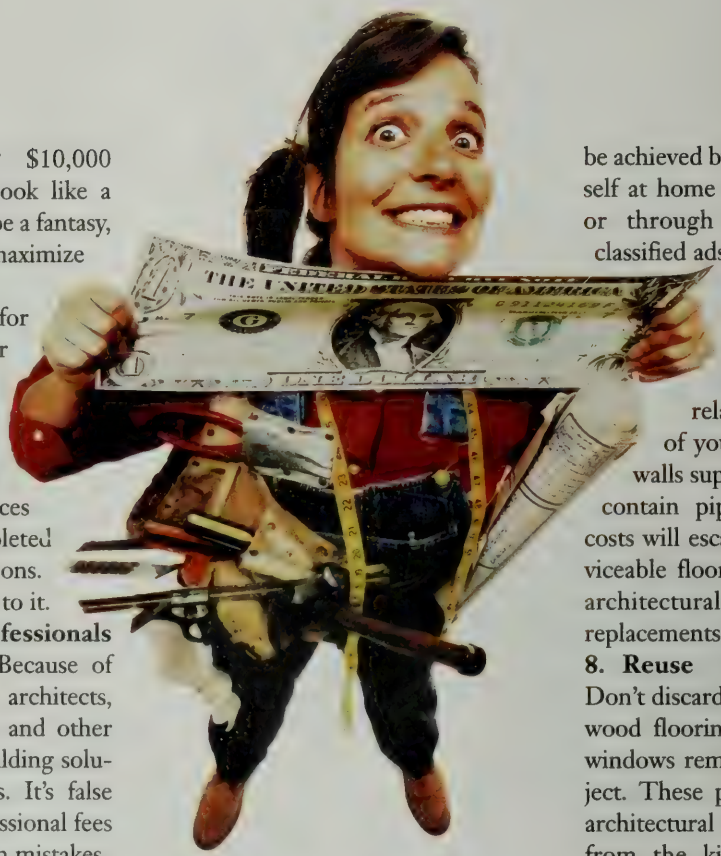
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Stretching Your Remodeling Dollar

by Steve Cooper



We all want our $10,000 remodeling projects to look like a million bucks. That may be a fantasy, but there are ways to maximize your budget.

Here are 10 smart tips for making the most of your renovation dollars.

1. Stick to the plan. Costs can race out of control if changing course in midstream forces you to tear apart completed work for major modifications. Establish a plan and stick to it.

2. Hiring design professionals can save you money. Because of training and experience, architects, design/build contractors, and other professionals can spot building solutions that amateurs miss. It's false economy to save on professional fees while paying for your own mistakes.

3. Visualize before building. If you have trouble envisioning how that new room will look, a model or three-dimensional computer representation can conjure up the completed project for you. A computer mouse can construct a house with amazing speed. For instance, if you want to see how adding a third or fourth window might look, just click up modified images in a flash.

4. Educate yourself. Search through magazines, books, videos, and the Internet for information about remodeling. Also, many home centers offer seminars demonstrating proper installation of tile, drywall, and other building materials.

5. Avoid the domino effect. Changes in one room inevitably affect adjacent spaces; a single-room remodeling suddenly mushrooms into a three-room mega-project. Coordinate your plan of attack so the design of your current project will easily accommodate the needs of follow-up projects, even if they won't be started for years.

Apply savings to upgraded carpeting for your home rather than paying for plush new carpets in your creditors' homes.

6. Become a buy-it-yourselfer. Contractors aren't shoppers. They usually buy from a short list of distributors and, although they get discounted prices, they may tack on a service fee of 15 to 25 percent when preparing your bill. Big savings can be achieved by buying material yourself at home centers, factory direct, or through auctions, newspaper classified ads, and salvage yards.

7. Be careful what you move. Moving nonsupporting interior walls may take a relatively modest bite out of your budget. But if those walls support part of the roof or contain pipes, ducts, and wires, costs will escalate. Also, protect serviceable floors, windows, and other architectural elements because replacements may be costly.

8. Reuse building materials. Don't discard as rubbish all cabinets, wood flooring, millwork, doors, or windows removed during your project. These pieces may be valuable architectural salvage. Cabinets taken from the kitchen make excellent storage bins for the garage. Solid-wood doors are easily adapted as workbench tops. Or, an aging mantel might become a folk-art treasure.

9. Don't overload systems. Electrical wiring from the 1920s isn't even marginally adequate to carry the load required in today's electronic world. Before remodeling, assess electrical, plumbing, and other household systems to determine their ability to handle increased demands. Upgrades may be needed.

10. Pay as you go. Why add $500 in financing payments to your $5,000 budget? Stretch your dollars by planning renovations so you can pay for everything out-of-pocket. You can apply those savings to upgraded carpeting for your home rather than paying for plush new carpets in your creditors' homes.

SEREVENT: Twice-a-day prevention of asthma symptoms.



"When you have asthma, two puffs twice a day is a lot better than puffing all day long."

SEREVENT is the only *long-acting*, inhaled bronchodilator. SEREVENT is designed to help prevent your asthma symptoms before they start. When used just two puffs, twice a day – morning and evening – approximately 12 hours apart, SEREVENT helps keep air passages open so your breathing remains free and clear. Results compared to fast-acting bronchodilators:

- ***Less chance of waking up in the middle of the night, coughing or wheezing***
- ***Fewer symptoms with exercise***
- ***Fewer episodes of difficult breathing***

With SEREVENT as one part of your treatment program, you may be able to reduce the number of times you have to use your fast-acting bronchodilator and get on with your life with less fear that asthma symptoms might be sneaking up on you.

SEREVENT: What you need to know.



- ***SEREVENT is not a substitute for fast-acting bronchodilators to treat sudden asthma symptoms and should never be taken more than twice a day.*** SEREVENT is a preventive medication that takes longer to be effective. So when sudden asthma symptoms occur, you will still need your fast-acting bronchodilator prescribed by your doctor.
- ***SEREVENT also is not a substitute for medication that controls inflammation in your lungs (inhaled or oral corticosteroids).*** SEREVENT can be a valuable preventive medication, but it is intended to be just one part of your treatment program.
- ***Do not stop or change the dosage of your other asthma medications without talking to your doctor.*** Even if you feel better, any change in dosage or medication could result in your condition worsening. ***Of course, if your condition worsens, contact your doctor immediately.***

Is SEREVENT right for you? Only your doctor can decide.



SEREVENT is available by prescription only and is indicated for patients 12 and older.

The most common side effects caused by SEREVENT are: headache (10%), tremor (3%), and cough (3%). Of course, no medication works unless you are committed to stick with it. So see your doctor about SEREVENT. It can help you control your asthma instead of letting your asthma control you.

For more information and a $5 REBATE certificate, call 1-800-599-1177, ext. 211

Sereνent®
(salmeterol xinafoate)
Inhalation Aerosol



Please see important information on the following pages.

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BRIEF SUMMARY

SEREVENT®
(salmeterol xinafoate)
Inhalation Aerosol

Bronchodilator Aerosol
For Oral Inhalation Only

The following is a brief summary only; see full prescribing information for complete product information.

CONTRAINDICATIONS: SEREVENT Inhalation Aerosol is contraindicated in patients with a history of hypersensitivity to any of the components.

WARNINGS:
IMPORTANT INFORMATION: SEREVENT INHALATION AEROSOL SHOULD NOT BE INITIATED IN PATIENTS WITH SIGNIFICANTLY WORSENING OR ACUTELY DETERIORATING ASTHMA, WHICH MAY BE A LIFE-THREATENING CONDITION. Serious acute respiratory events, including fatalities, have been reported, both in the United States and worldwide, when SEREVENT Inhalation Aerosol has been initiated in this situation.

Although it is not possible from these reports to determine whether SEREVENT Inhalation Aerosol contributed to these adverse events or simply failed to relieve the deteriorating asthma, the use of SEREVENT Inhalation Aerosol in this setting is inappropriate.

SEREVENT INHALATION AEROSOL SHOULD NOT BE USED TO TREAT ACUTE SYMPTOMS. It is crucial to inform patients of this and prescribe a short-acting, inhaled $beta_2$-agonist for this purpose as well as warn them that increasing inhaled $beta_2$-agonist use is a signal of deteriorating asthma.

SEREVENT INHALATION AEROSOL IS NOT A SUBSTITUTE FOR INHALED OR ORAL CORTICOSTEROIDS. Corticosteroids should not be stopped or reduced when SEREVENT Inhalation Aerosol is initiated.

(See PRECAUTIONS: Information for Patients and PATIENT'S INSTRUCTIONS FOR USE.)

1. Do Not Introduce SEREVENT Inhalation Aerosol as a Treatment for Acutely Deteriorating Asthma: SEREVENT Inhalation Aerosol is intended for the maintenance treatment of asthma (see INDICATIONS AND USAGE section of full prescribing information) and should not be introduced in acutely deteriorating asthma, which is a potentially life-threatening condition. There are no data demonstrating that SEREVENT Inhalation Aerosol provides greater efficacy than or additional efficacy to short-acting, inhaled $beta_2$-agonists in patients with worsening asthma. Serious acute respiratory events, including fatalities, have been reported, both in the US and worldwide, in patients receiving SEREVENT Inhalation Aerosol. In most cases, these have occurred in patients with severe asthma (e.g., patients with a history of corticosteroid dependence, low pulmonary function, intubation, mechanical ventilation, frequent hospitalizations, or previous life-threatening acute asthma exacerbations) and/or in some patients in whom asthma has been acutely deteriorating (e.g., unresponsive to usual medications; increasing need for inhaled, short-acting $beta_2$-agonists; increasing need for systemic corticosteroids; significant increase in symptoms; recent emergency room visits; sudden or progressive deterioration in pulmonary function). However, they have occurred in a few patients with less severe asthma as well. It was not possible from these reports to determine whether SEREVENT Inhalation Aerosol contributed to these events or simply failed to relieve the deteriorating asthma.

2. Do Not Use SEREVENT Inhalation Aerosol to Treat Acute Symptoms: A short-acting, inhaled $beta_2$-agonist, not SEREVENT Inhalation Aerosol, should be used to relieve acute asthma symptoms. When prescribing SEREVENT Inhalation Aerosol, the physician must also provide the patient with a short-acting, inhaled $beta_2$-agonist (e.g., albuterol) for treatment of symptoms that occur acutely, despite regular twice daily (morning and evening) use of SEREVENT Inhalation Aerosol.

When beginning treatment with SEREVENT Inhalation Aerosol, patients who have been taking short-acting, inhaled $beta_2$-agonists on a regular basis (e.g., q.i.d.) should be instructed to discontinue the regular use of these drugs and use them only for symptomatic relief if they develop acute asthma symptoms while taking SEREVENT Inhalation Aerosol (see PRECAUTIONS: Information for Patients).

3. Watch for Increasing Use of Short-Acting, Inhaled $Beta_2$-Agonists, Which Is a Marker of Deteriorating Asthma: Asthma may deteriorate acutely over a period of hours or chronically over several days or longer. If the patient's short-acting, inhaled $beta_2$-agonist becomes less effective or the patient needs more inhalations than usual, this may be a marker of destabilization of asthma. In this setting, the patient requires immediate reevaluation with reassessment of the treatment regimen, giving special consideration to the possible need for corticosteroids. If the patient uses four or more inhalations per day of a short-acting, inhaled $beta_2$-agonist for 2 or more consecutive days, or if more than one canister (200 inhalations per canister) of short-acting, inhaled $beta_2$-agonist is used in an 8-week period in conjunction with SEREVENT Inhalation Aerosol, then the patient should consult the physician for reevaluation. **Increasing the daily dosage of SEREVENT Inhalation Aerosol in this situation is not appropriate. SEREVENT Inhalation Aerosol should not be used more frequently than twice daily (morning and evening) at the recommended dose of two inhalations.**

4. Do Not Use SEREVENT Inhalation Aerosol as a Substitute for Oral or Inhaled Corticosteroids: There are no data demonstrating that SEREVENT Inhalation Aerosol has a clinical anti-inflammatory effect and could be expected to take the place of, or reduce the dose of, corticosteroids. Patients who already require oral or inhaled corticosteroids for treatment of asthma should be continued on this type of treatment even if they feel better as a result of initiating SEREVENT Inhalation Aerosol. Any change in corticosteroid dosage should be made ONLY after clinical evaluation (see PRECAUTIONS: Information for Patients).

5. Do Not Exceed Recommended Dosage: As with other inhaled $beta_2$-adrenergic drugs, SEREVENT® (salmeterol xinafoate) Inhalation Aerosol should not be used more often or at higher doses than recommended. Fatalities have been reported in association with excessive use of inhaled sympathomimetic drugs. Large doses of inhaled or oral salmeterol (12 to 20 times the recommended dose) have been associated with clinically significant prolongation of the QT_C interval, which has the potential for producing ventricular arrhythmias.

6. Paradoxical Bronchospasm: As with other inhaled asthma medications, paradoxical bronchospasm (which can be life threatening) has been reported following the use of SEREVENT Inhalation Aerosol. If it occurs, treatment with SEREVENT Inhalation Aerosol should be discontinued immediately and alternative therapy instituted.

7. Immediate Hypersensitivity Reactions: Immediate hypersensitivity reactions may occur after administration of SEREVENT Inhalation Aerosol, as demonstrated by rare cases of urticaria, angioedema, rash, and bronchospasm.

8. Upper Airway Symptoms: Symptoms of laryngeal spasm, irritation, or swelling, such as stridor and choking, have been reported rarely in patients receiving SEREVENT Inhalation Aerosol.

PRECAUTIONS:
General: 1. Use With Spacer or Other Devices: The safety and effectiveness of SEREVENT Inhalation Aerosol when used with a spacer or other devices have not been adequately studied.

2. Cardiovascular and Other Effects: No effect on the cardiovascular system is usually seen after the administration of inhaled salmeterol in recommended doses, but the cardiovascular and central nervous system effects seen with all sympathomimetic drugs (e.g., increased blood pressure, heart rate, excitement) can occur after use of SEREVENT Inhalation Aerosol and may require discontinuation of the drug. Salmeterol, like all sympathomimetic amines, should be used with caution in patients with cardiovascular disorders, especially coronary insufficiency, cardiac arrhythmias, and hypertension; in patients with convulsive disorders or thyrotoxicosis; and in patients who are unusually responsive to sympathomimetic amines.

As has been described with other beta-adrenergic agonist bronchodilators, clinically significant changes in systolic and/or diastolic blood pressure, pulse rate, and electrocardiograms have been seen infrequently in individual patients in controlled clinical studies with salmeterol.

3. Metabolic Effects: Doses of the related $beta_2$-adrenoceptor agonist albuterol, when administered intravenously, have been reported to aggravate preexisting diabetes mellitus and ketoacidosis. No effects on glucose have been seen with SEREVENT Inhalation Aerosol at recommended doses. Administration of $beta_2$-adrenoceptor agonists may cause a decrease in serum potassium, possibly through intracellular shunting, which has the potential to increase the likelihood of arrhythmias. The decrease is usually transient, not requiring supplementation.

Clinically significant changes in blood glucose and/or serum potassium were seen rarely during clinical studies with long-term administration of SEREVENT Inhalation Aerosol at recommended doses.

Information for Patients: See illustrated Patient's Instructions for Use. **SHAKE WELL BEFORE USING.**

It is important that patients understand how to use SEREVENT Inhalation Aerosol appropriately and how it should be used in relation to other asthma medications they are taking. Patients should be given the following information:
1. Shake well before using.
2. The recommended dosage (two inhalations twice daily, morning and evening) should not be exceeded.
3. SEREVENT Inhalation Aerosol is not meant to relieve acute asthma symptoms and extra doses should not be used for that purpose. Acute symptoms should be treated with a short-acting, inhaled $beta_2$-agonist such as albuterol (the physician should provide the patient with such medication and instruct the patient in how it should be used).
4. The physician should be notified immediately if any of the following situations occur, which may be a sign of seriously worsening asthma.
- Decreasing effectiveness of short-acting, inhaled $beta_2$-agonists
- Need for more inhalations than usual of short-acting, inhaled $beta_2$-agonists
- Use of four or more inhalations per day of a short-acting $beta_2$-agonist for 2 or more days consecutively
- Use of more than one canister of a short-acting, inhaled $beta_2$-agonist in an 8-week period (i.e., canister with 200 inhalations)

5. SEREVENT Inhalation Aerosol should not be used as a substitute for oral or inhaled corticosteroids. The dosage of these medications should not be changed and they should not be stopped without consulting the physician, even if the patient feels better after initiating treatment with SEREVENT Inhalation Aerosol.
6. Patients should be cautioned regarding potential adverse cardiovascular effects, such as palpitations or chest pain, related to the use of additional $beta_2$-agonist.
7. In patients receiving SEREVENT Inhalation Aerosol, other inhaled medications should be used only as directed by the physician.
8. When using SEREVENT Inhalation Aerosol to prevent exercise-induced bronchospasm, patients should take the dose at least 30 to 60 minutes before exercise.

Drug Interactions: ***Short-Acting Beta-Agonists:*** In the two 3-month, repetitive-dose clinical trials (n=184), the mean daily need for additional $beta_2$-agonist use was 1 to 1½ inhalations per day, but some patients used more. Eight percent of patients used at least eight inhalations per day at least on one occasion. Six percent used 9 to 12 inhalations at least once. There were 15 patients (8%) who averaged over four inhalations per day. Four of these used an average of 8 to 11 inhalations per day. In these 15 patients there was no observed increase in frequency of cardiovascular adverse events. The safety of concomitant use of more than eight inhalations per day of short-acting $beta_2$-agonists with SEREVENT® (salmeterol xinafoate) Inhalation Aerosol has not been estab lished. In 15 patients who experienced worsening of asthm while receiving SEREVENT Inhalation Aerosol, nebulized albuterol (one dose in most) led to improvement in FEV_1 an no increase in occurrence of cardiovascular adverse events

Monoamine Oxidase Inhibitors and Tricyclic Antidepressants: Salmeterol should be administered with extreme caution to patients being treated with monoamine dase inhibitors or tricyclic antidepressants because the acti of salmeterol on the vascular system may be potentiated by these agents.

Corticosteroids and Cromoglycate: In clinical trials, inhaled corticosteroids and/or inhaled cromolyn sodium dic not alter the safety profile of SEREVENT Inhalation Aerosol when administered concurrently.

Methylxanthines: The concurrent use of intravenously c orally administered methylxanthines (e.g., aminophylline, th phylline) by patients receiving SEREVENT Inhalation Aerosc has not been completely evaluated. In one clinical trial, 87 patients receiving SEREVENT Inhalation Aerosol 42 mcg tw daily concurrently with a theophylline product had adverse event rates similar to those in 71 patients receiving SEREVI Inhalation Aerosol without theophylline. Resting heart rates were slightly higher in the patients on theophylline but were little affected by SEREVENT Inhalation Aerosol therapy.

Carcinogenesis, Mutagenesis, Impairment of Fertility: In 18-month oral carcinogenicity study in CD-mice, salmetero xinafoate caused a dose-related increase in the incidence of smooth muscle hyperplasia, cystic glandular hyperplasia, a leiomyomas of the uterus and a dose-related increase in the incidence of cysts in the ovaries. A higher incidence of leiomyosarcomas was not statistically significant; tumor fin ings were observed at oral doses of 1.4 and 10 mg/kg, whi gave 9 and 63 times, respectively, the human exposure bas on rodent:human AUC comparisons.

Salmeterol caused a dose-related increase in the incider of mesovarian leiomyomas and ovarian cysts in Sprague Dawley rats in a 24-month inhalation/oral carcinogenicity study. Tumors were observed in rats receiving doses of 0.6 and 2.58 mg/kg per day (about 55 and 215 times the recon mended clinical dose [mg/m²]). These findings in rodents a similar to those reported previously for other beta-adrenerg agonist drugs. The relevance of these findings to human us is unknown.

No significant effects occurred in mice at 0.2 mg/kg (1. times the recommended clinical dose based on comparison of the AUCs) and in rats at 0.21 mg/kg (15 times the recom mended clinical dose on a mg/m² basis).

Salmeterol xinafoate produced no detectable or repro ducible increases in microbial and mammalian gene mutati in vitro. No clastogenic activity occurred in vitro in human lymphocytes or in vivo in a rat micronucleus test. No effect on fertility were identified in male and female rats treated orally with salmeterol xinafoate at doses up to 2 mg/kg orally (about 160 times the recommended clinical dose on a mg/m² basis).

Pregnancy: ***Teratogenic Effects: Pregnancy Category C:*** N significant effects of maternal exposure to oral salmeterol xinafoate occurred in the rat at doses up to the equivalent c about 160 times the recommended clinical dose on a mg/m basis. Dutch rabbit fetuses exposed to salmeterol xinafoate utero exhibited effects characteristically resulting from beta adrenoceptor stimulation; these included precocious eyelid openings, cleft palate, sternebral fusion, limb and paw flexures, and delayed ossification of the frontal cranial bones. significant effects occurred at 0.6 mg/kg given orally (12 times the recommended clinical dose based on comparison of the AUCs).

New Zealand White rabbits were less sensitive since onl delayed ossification of the frontal bones was seen at 10 mg given orally (approximately 1,600 times the recommended clinical dose on a mg/m² basis). Extensive use of other beta agonists has provided no evidence that these class effects i animals are relevant to use in humans. There are no adequa and well-controlled studies with SEREVENT Inhalation Aero in pregnant women. SEREVENT Inhalation Aerosol should t used during pregnancy only if the potential benefit justifies potential risk to the fetus.

Use in Labor and Delivery: There are no well-controlled human studies that have investigated effects of salmeterol preterm labor or labor at term. Because of the potential for beta-agonist interference with uterine contractility, use of SEREVENT Inhalation Aerosol during labor should be restri ed to those patients in whom the benefits clearly outweigh the risks.

Nursing Mothers: Plasma levels of salmeterol after inhaled therapeutic doses are very low (85 to 200 pg/mL) in humar In lactating rats dosed with radiolabeled salmeterol, levels radioactivity were similar in plasma and milk. In rats, conce trations of salmeterol in plasma and milk were similar. The xinafoate moiety is also transferred to milk in rats at concer trations of about half the corresponding level in plasma. However, since there is no experience with use of SEREVEN Inhalation Aerosol by nursing mothers, a decision should b made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the mother. Caution should be exercised when salmeterol xinafoate is administered to a nursing woman.

Pediatric Use: The safety and effectiveness of SEREVENT Inhalation Aerosol in children younger than 12 years of age have not been established.

Geriatric Use: Of the total number of patients who received SEREVENT Inhalation Aerosol in all clinical studies, 241 we 65 years and older. Geriatric patients (65 years and older) v reversible obstructive airway disease were evaluated in four well-controlled studies of 3 weeks' to 3 months' duration. T placebo-controlled, crossover studies evaluated twice-daily dosing with salmeterol for 21 to 28 days in 45 patients. An additional 75 geriatric patients were treated with salmeterol 3 months in two large parallel-group, multicenter studies. These 120 patients experienced increases in AM and PM pe expiratory flow rate and decreases in diurnal variation in pe expiratory flow rate similar to responses seen in the total

ions of the two latter studies. The adverse event type and frequency in geriatric patients t different from those of the total populations studied.
pparent differences in the efficacy and safety of SEREVENT® (salmeterol xinafoate) on Aerosol were observed when geriatric patients were compared with younger patients al trials. As with other beta$_2$-agonists, however, special caution should be observed sing SEREVENT Inhalation Aerosol in elderly patients who have concomitant cardiovas- sease that could be adversely affected by this class of drug. Based on available data, no ent of salmeterol dosage in geriatric patients is warranted.

SE REACTIONS: Adverse reactions to salmeterol are similar in nature to reactions to lective beta$_2$-adrenoceptor agonists, i.e., tachycardia; palpitations; immediate hypersen- eactions, including urticaria, angioedema, rash, bronchospasm (see WARNINGS); e; tremor; nervousness; and paradoxical bronchospasm (see WARNINGS).

multicenter, 12-week, controlled studies have evaluated twice-daily doses of NT Inhalation Aerosol in patients 12 years of age and older with asthma. The following orts the incidence of adverse events in these two studies.

Adverse Experience Incidence in Two Large 12-Week Clinical Trials*

Adverse Event Type	Percent of Patients		
	Placebo n=187	SEREVENT 42 mcg b.i.d. n=184	Albuterol 180 mcg q.i.d. n=185
Ear, nose, and throat			
Upper respiratory tract infection	13	14	16*
Nasopharyngitis	12	14	11
Disease of nasal cavity/sinus	4	6	1
Sinus headache	2	4	<1
Gastrointestinal			
Stomachache	0	4	0
Neurological			
Headache	23	28	27
Tremor	2	4	3
Respiratory			
Cough	6	7	3
Lower respiratory infection	2	4	2

ly adverse experience classified as serious was one case of upper respiratory tract n in a patient treated with albuterol.

table above includes all events (whether considered drug related or nondrug related by stigator) that occurred at a rate of over 3% in the SEREVENT Inhalation Aerosol treat- oup and were more common in the SEREVENT Inhalation Aerosol group than in the group.
ryngitis, allergic rhinitis, dizziness/giddiness, and influenza occurred at 3% or more but ually common on placebo. Other events occurring in the SEREVENT Inhalation Aerosol gt group at a frequency of 1% to 3% were as follows:
rdiovascular: Tachycardia, palpitations.
r, Nose, and Throat: Rhinitis, laryngitis.
strointestinal: Nausea, viral gastroenteritis, nausea and vomiting, diarrhea, nal pain.
persensitivity: Urticaria.
outh and Teeth: Dental pain.
usculoskeletal: Pain in joint, back pain, muscle cramp/contraction, myalgia/myositis, ar soreness.
urological: Nervousness, malaise/fatigue.
spiratory: Tracheitis/bronchitis.
in: Rash/skin eruption.
rogenital: Dysmenorrhea.
mall dose-response studies, tremor, nervousness, and palpitations appeared to be ated.
rketing Experience: In extensive US and worldwide postmarketing experience, serious ations of asthma, including some that have been fatal, have been reported. In most hese have occurred in patients with severe asthma and/or in some patients in whom has been acutely deteriorating (see WARNINGS no. 1), but they have occurred in a few with less severe asthma as well. It was not possible from these reports to determine SEREVENT Inhalation Aerosol contributed to these events or simply failed to relieve riorating asthma.
marketing experience includes rare reports of upper airway symptoms of laryngeal irritation, or swelling, such as stridor and choking. Hypertension and arrhythmias have borted.

SAGE: Overdosage with salmeterol may be expected to result in exaggeration of the cologic adverse effects associated with beta-adrenoceptor agonists, including tachycar- or arrhythmia, tremor, headache, and muscle cramps. Overdosage with salmeterol can linically significant prolongation of the QT_C interval, which can produce ventricular nias. Other signs of overdosage may include hypokalemia and hyperglycemia.
ese cases, therapy with SEREVENT Inhalation Aerosol and all beta-adrenergic–stimulant ould be stopped, supportive therapy provided, and judicious use of a beta-adrenergic agent should be considered, bearing in mind the possibility that such agents can pro- nchospasm. Cardiac monitoring is recommended in cases of overdosage.
ith all sympathomimetic pressurized aerosol medications, cardiac arrest and even ay be associated with abuse of SEREVENT Inhalation Aerosol.
and dogs survived the maximum practicable inhalation doses of salmeterol of 2.9 and kg, respectively. The maximum nonlethal oral doses in mice and rats were approxi- 50 mg/kg and >1,000 mg/kg, respectively.
sis is not appropriate treatment for overdosage of SEREVENT Inhalation Aerosol.

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Pretty PAVING

by William L. Nolan

Your driveway can be more than just a way to get to the garage; it can also be your home's welcome mat. If the first impression your driveway creates is a featureless, static expanse of asphalt or concrete, you may want to consider warming up your home's curb appeal with one of these eye-catching approaches.

Just switching to a different paving material may be enough to work a magical transformation. Pretty as a patio, the combined driveway/entry walk at this Coronado, California, home features bricks laid in a diagonal herringbone pattern and set on a sand base. Mortared bricks around the edges lock everything in place. "When our landscape design firm came up with the idea of bricks in sand, we were skeptical, thinking it wouldn't hold up," the owners told us. "But it's not only held up beautifully, it offers a more informal look than a brick-in-mortar design would have." Other fringe benefits: you can shave costs by laying most of the driveway yourself, and there are no unseemly cracks or expansion joints.

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Multihued brick paving complements the home's Cape Cod styling (*top*). The owners like the effect of brick edges that will soften in time for a used, aged look.

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Pretty PAVING



With a concrete grid system (*left* and *below*), you can cut grass short to expose the grid underneath, or leave it long and let your drive merge with the lawn.



Grow your driveway? Yes, even grass can make a durable paving material when you "pave" your driveway with a concrete grid. The lawnlike driveway shown *above* and *top right* was created with precast grid units that are about 3 feet square and 4 inches thick. You lay the grid over a compacted soil base, sweep soil into holes in the concrete, water, and plant lawn seed or plug sod into the holes. The paving easily supports a loaded truck. This tactic is especially effective if your driveway allows only a postage-stamp lawn.



Adding a pebbly face and some graceful curves can give an off-putting driveway the friendly feel of a streambed. This textured, gently meandering drive (*below* and *lower right*) was constructed with an aggregate concrete mix and then washed to expose the aggregate. Brick accents visually tie the paving to the home's brick exterior.



Constructing a driveway with exposed aggregate (*right* and *far right*) adds color and texture and cuts glare. A stain/sealer deepens the color of the aggregate.

continued on page 62



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Pretty PAVING



Bold bands and squares can energize even the flattest, plainest stretch of driveway. At this recently remodeled tract home in Southern California, the old driveway and walk were a sea of uninspired concrete. Plantings between the walk and drive and along the edges required high maintenance and heavy watering.

During the remodel, the front of the house got an architectural face-lift and an extensive driveway/front yard redesign. The architect's solution: turn over nearly half of the front yard to a modular, low-maintenance pattern of concrete and plantings, and create a unified scheme by repeating some of the home's architectural motifs in the landscape design. A combination of poured concrete and concrete pavers divides the drive into a giant grid, broken here and there by grouped planting areas. The scale of the grid gives the drive visual impact while its beefy bands slice the concrete down to friendlier swaths. Concrete tiles forming the bands mimic squares that the architect incorporated into the railings, garage door panels, window muntins, and sconce lighting on the house. Tiles also form a grid of stepping-stones in the planting bed.

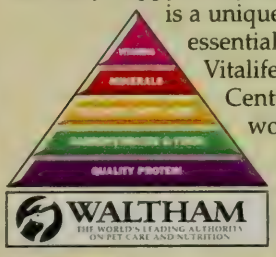
Gridded concrete turns what was once a driveway and lawn into a geometric courtyard (*top*). A bed of rosebushes and other plantings (*above*) points the way to the entry.



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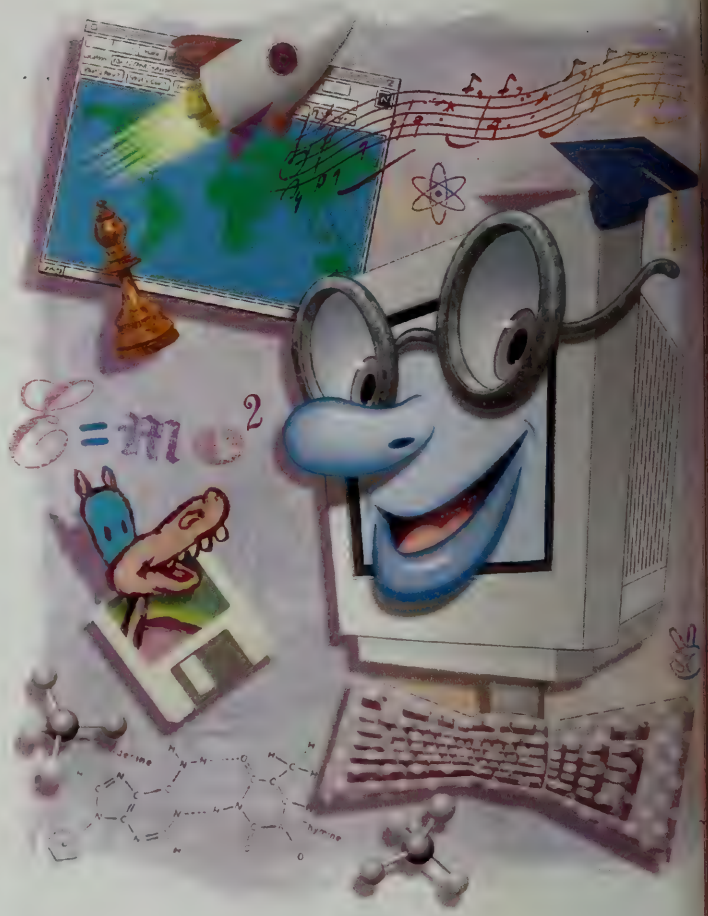


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Electronic Advantage

Will a Home Computer Help Your Child Learn?

by Veronica Lorson Fowler



Families with children are the fastest-growing segment of computer buyers in the country. Sixty-six percent of parents think they need one to keep up with the typical American household. But does having a computer at home really help a child learn? The answer, experts say, is maybe.

"It all depends on the way the computer is used," says Shelley Pasnik, director of children's policy at the Center for Media Education in Washington, D.C. "A lot of hype has surrounded the computer and what it can do for children."

"A computer is just a tool," says Neil Salkind, professor of educational psychology at the University of Kansas. "It all depends on how parents use it."

"Parents assume that with a computer their children will learn more or better, but we don't know if that's the case," says Salkind. "It's not critical for a ten-year-old to get on the Internet. When it comes to personal computers, a lot of parents should just cool their jets."

While experts concur that computers in schools are essential to helping kids prepare for the future, not everyone agrees they're necessary at home.

Joan Hampton of Waukomis, Oklahoma, is a high school math teacher who says computers are invaluable to her in the classroom. But she's not sure that the family's home computer has given her 16-year-old daughter, Jennie, any advantages.

Ever since Jennie was a preschooler, the Hamptons have had a computer in their home, loaded with educational software. "It's come in handy, but the kids have always had access to the computers at school," says Joan. Jennie uses the computer to research reports, write papers, and access the Internet, "but to be honest, I use it more for my own entertainment," says Joan.

Other parents, however, feel that home computers have indeed opened new worlds and developed new skills for their children. But these parents aren't just plugging in the box and letting it sit until the child has a hankering to use it. The families that are getting the most bang for the buck are using many of the following strategies.

Choose software carefully. Not all software advertised as "educational" actually fulfills the promise. The best software is interactive. It stretches the imagination, letting the child run the computer rather than the other way around. Another sign of quality is a program that lets your child produce something, such as a play, a piece of artwork, a map, or an essay. If software features lots of repetitive skill drills and little interaction with the child, it's not very educational.

Do a little research before buying software. Ask other parents or your child's teacher about programs they like. Buy or borrow from the library a book or magazine that reviews children's software.

The Better Homes and Gardens® Web site (bhglive.com) recommends a number of Web sites for kids and parents, including a site that reviews kids' software: http://bhglive.com/guidpags/edu2guid.html#technology.

Sit down at the computer with your child. The best way to monitor how your computer is influencing your child is to operate it with him. Spend time watching how

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Electronic Advantage

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she uses technology. Is he spending most of his time repeating the same skills with one program? Is the computer stretching her imagination and teaching her new things, or is it merely used for glorified video games?

Limit computer time. "Too much of a good thing isn't good," says Gary Selnow, professor of communication at San Francisco State University, who writes frequently on computer issues. If the child is spending several hours a day on a computer, it's likely he isn't going to have time for other valuable activities, such as playing outside, practicing the piano, or spending time with friends.

Research suggests that children who spend excessive time playing electronic games, whether on a computer or a TV screen, tend to see the computer or video screen as a companion and spend less time with people. Although a computer can teach a child many things, Selnow says, "it can't teach people skills."

Monitor Internet access carefully. When used wisely, the Internet is a valuable resource, but children often lack the discretion to stay out of questionable or even dangerous sites. Even with the best of intentions, children can stumble into places they didn't mean to be.

Talk to your kids about using the Internet carefully. They should never give out personal information about themselves or your family. Be specific about what sites, and what types of sites, they can and cannot visit. Discuss appropriate behavior in a chat room or discussion group, warning them that it can be difficult to assess the character or intentions of someone they can't see.

Many parents, concerned about Internet access, keep the computer in a public area so they can keep an eye on what the child is viewing. Filtering software that limits a child's access is available, though computer-savvy kids can work around it.

Computers are a powerful medium, says the Center for Media Education's Pasnik. They have tremendous potential, but only "if parents use the common sense that applies in so many other areas of parenting."

If you can't afford a computer, or you're leery about the impact a home computer might have, there are easy, low-cost ways to make sure your child has adequate access to the latest technology:

- Use the library. Most public libraries have computers for patrons to use at no cost. Some require a reservation ahead of time. Also explore your community center, which may make computers available to young people.



• Ask if your child can use school computers after hours. If an adult is present, your child may be allowed to log on after school. See if your neighborhood school offers a "family night" for parents and kids to learn together.

• Consider renting a computer. This can be a great deal if you want to find out more about technology, or if you want a computer just during the summer.

• Look into a secondhand system. Especially if you want a computer primarily for word processing, a used machine can be a good deal. Older models don't have all the latest

bells and whistles, but as long as they're in good working order, they're fine for simple applications. Check the Yellow Pages for stores specializing in secondhand computers or rentals. A company called Recompute remanufactures computers and sells them by mail order starting at $599, including a monitor. For information, call 800/510-8414, or check out their Web site at http://www.re-compute.com.

• Let your child use a computer at your workplace. Many parents bring their children into the office after hours or on weekends and let them use a coworker's machine while they catch up on work.

• Form a computer consortium. Join with friends, neighbors, or relatives to pool your money and buy a system to share. Be sure to work out rules ahead of time—on paper.

Maximize your machine. Most families don't use their home computer to its full potential. Sure, the kids use word processing programs to write reports or access the Net to research a school paper. But there are many other ways to make the most of your investment.

• Create a family newsletter. Chronicle the events, milestones, and achievements of your family. As your skills increase, add photographs and clip art, or print out a mailing list and keep out-of-town friends and relatives up to date on your happenings.

• Set up family competitions with interactive educational software such as *Where in the World is Carmen San Diego?* or *The Oregon Trail.*

• Invest in a stationery program and make your own birthday cards, invitations, thank-you notes, and other regular family correspondence. Or, with a simple word processing or paint program, design your own.

• Have your kids take a family or neighborhood poll, and chart the results using a simple spreadsheet function.

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It's a Small (Stressful) World

What every parent needs to know about children and stress

by Jennifer Reid Holman

Five-year-old Kevin couldn't wait for his field trip to visit a kindergarten class with his preschool. For weeks, he strutted around the house bragging, and nearly every day he asked, "Mom, how many more days till we go to kindeegart?"

When the day finally came, however, the little boy did an abrupt about-face. "I don't want to go!" he shrieked. "You can't make me!" Startled and pressed for time, Kevin's mom put him in the van, where he cried uncontrollably. At the school, he refused to follow the other children on a tour.

"I couldn't believe it," says his mother, Donna Kochis of Storrs, Connecticut. "He thought this was going to be the most wonderful thing. Then he just snapped. He really fooled me."

Kevin is a classic example of a child overwhelmed by stress, and his mother's surprise is also typical. Most parents take great pains to ease their children through major traumas such as divorce or moving to a new neighborhood, but they often overlook the other things that kids usually find stressful.

According to experts, normal day-to-day situations trigger the most common stress for kids. Enjoyable events, such as a birthday party, family gatherings, or a field trip like Kevin's—a new experience he felt uncertain about when confronted with it—can quickly overload a child's circuits. Even seemingly minor concerns—such as a fear of the dark or being teased by a bully—can snowball into serious anxiety for a child whose parents don't help put things in perspective.

Where Does Children's Stress Come From? A child's age seems to be the greatest predictor of what triggers problematic stress.

"It's not surprising when you realize that as kids grow, they face a lot of adjustments and new experiences," says Paul Jose, a Loyola University associate professor of psychology who has studied the roots of childhood stress. To be good troubleshooters, Jose says, parents need to be familiar with the developmental level of the child.

While adolescent angst about looks and popularity are well recognized, stressors for preschoolers are more subtle. Most involve changes in their routines or disharmony in their small corners of the world. Among children ages 3 to 5, common stressors include conflicts with siblings, parental arguments, family vacations away from home, and unfamiliar experiences, such as having a new baby-sitter or playing at a friend's house, where mom or dad is not close at hand. Exposing kids to

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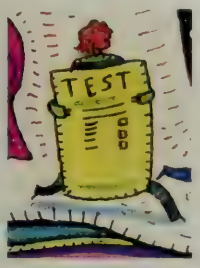
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Kids and Stress

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new situations in small doses builds their stress tolerance.

What do children between 6 and 10 years old say is most stressful? Common answers include going to birthday parties, taking tests, being chosen last for teams, trying to please their teachers, making friends, and beginning a new school year.



Children respond to stress much like adults.

Children can also be very sensitive to subtle social nuances. "A shove on the playground or a giggle on the bus can be serious stuff for kids," says Alan Hirsch, a psychologist and former director of the Capable Kid Counseling Centers of Linden Oaks Hospital near Chicago.

Not all stress is bad, of course. "The good kind motivates us to get things done and solve problems or take on challenges," says Harold Koplewicz, M.D., director of the Child Study Center at New York University Medical Center. When stress lingers, makes a child avoid things, or makes normal functioning difficult, then it's a problem.

Be a Stressbuster! Parents can do a lot to help their kids roll with life's punches. Communication is crucial. Try to spend a half hour each day chitchatting without distractions, suggests Michael Gaziano, a Rockford, Illinois licensed clinical social worker specializing in children's issues. "And every so often, come right out and ask, 'Are you happy?' Just like sounding off about job pressure makes adults feel better, talking is also a great catharsis for kids." Here are some steps parents can take to help ease their children through stressful times.

Recognize warning signs. Children respond to overwhelming stress much like adults. Headaches and stomachaches, trouble concentrating, problems sleeping or eating, wanting to be alone, poor school performance, and irritability or aggressive outbursts are all signs of a lingering problem.

Don't overschedule. Parents may think an activity-packed schedule prepares kids for the real world, but development experts agree that valuable learning comes from unstructured play time. Without rigid structure, kids are free to reflect, be creative, and experiment with deciding what to do and who to play with. And turn off the tube. The noise, commercial pressure, and sensationalism of TV can be anything but relaxing for kids.

Listen sympathetically. Making judgments or brushing off your children's concerns can make matters worse. When you don't take their little problems seriously, children will hesitate to confide in you when something deeply troubles them, says Gaziano.

"Empower kids, even if it means giving them a misting bottle turned 'monster repellent' to spray under their beds or teaching them to count to 10 when they get that 'uh oh' feeling in their stomach," suggests Ann Vernon, a children's therapist in Cedar Falls. Iowa. "Kids need to feel that they are able to do something to handled their stress."

Put things in perspective. Because children have not developed their reasoning skills, little things can easily get blown out of proportion. A first grader may not recognize other reasons for strange shadows besides a lurking monster. In the same way, it often doesn't occur to older children that a friend who doesn't return their phone call may just be busy or that a sibling who snaps at them may have had a bad day.

"Kids are often victims of themselves because they're apt to misinterpret," said Gaziano. "Very plainly parents need to put things into perspective for them." ⌂

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by Martha Miller

Teeth and Stroke



A routine dental X ray can detect calcium deposits in the large arteries in your neck, a sign of advanced atherosclerosis, which is a major cause of stroke.

The X ray may become a powerful tool in stroke prevention since many of the 500,000 people who suffer strokes each year rarely have symptoms.

Laurie Carter, D.D.S., Ph.D., of the State University of New York at Buffalo School of Dental Medicine reviewed panoramic radiograph X rays of 2,752 patients. She found calcium deposits—which appear as little white spots on the X ray—in the carotid arteries of 143 patients, almost all over age 50.

Carotid arteries are the large vessels on both sides of your neck that supply blood to the brain. A panoramic radiograph is a wide-angle, frontal X ray generally taken during a patient's first dental visit to survey the condition of the teeth and bone.

"It was a fortuitous finding," says Dr Carter. "A number of patients went in to have ultrasound of the neck and found minor clogging, but some had over 90 percent blockage and went to surgery the next week. They had no idea."

However, don't look for any X-ray stroke screenings to appear at the mall. Dr. Carter says the panoramic radiograph can't be used as a mass screening tool. "Some patients will have atherosclerosis but they just don't have any calcifications in their neck yet," she says. More research is underway and Dr. Carter is working to educate dentists on her findings so they can refer patients to doctors for evaluation.

MAKEOVERS FOR WOMEN WITH CANCER

Radiation and chemotherapy help fight cancer, but they can do a number on a woman's self-esteem. Hair loss, changes in the color and texture of skin, and weight fluctuations are common physical side effects.

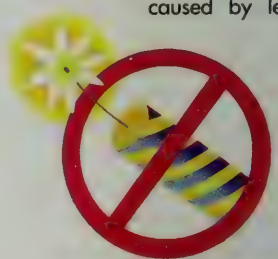
Look Good...Feel Better is a free program open to any woman diagnosed with cancer. Sponsored by the Cosmetic, Toiletry, and Fragrance Association, and offered through a partnership with the American Cancer Society and the National Cosmetology Association, the two-hour classes cover makeup techniques, how to style and wear wigs, and nail care. Participants receive a free bag of cosmetics. For information, call 800/395-5665 or contact your local American Cancer Society.

Just Say No to Fireworks

Children and fireworks are an explosive combination. Of the 12,600 people treated for firework-related emergencies in 1994, more than half were kids. Boys between 10 and 14 are the most injured.

Adult supervision offers little protection. In a 22-year study at a hospital in Kansas City, Missouri, doctors treated 316 firework injuries, and in more than half the cases, an adult was present. The study, published in *Pediatrics*, was conducted from 1972 through 1993 by Gary Smith, M.D., Dr.P.H., of Children's Hospital in Columbus, Ohio.

Almost all the injuries were caused by legal



Class C fireworks, such as bottle rockets, Roman candles, and sparklers. Class C fireworks are allowed under federal law and regulated by individual states.

The head was the most common injury site and burns were the most common injury.

So, be safe this Fourth of July and go watch the pros light up the sky.

continued on page 74

Your back will tell you that Sister Anne Marie was right.



Poor posture is every bit as unhealthy as Sister Anne Marie always said it was. As a matter of fact, it could even be causing your back pain.

Fortunately, a physical therapist can help with evaluation and treatment.

Today licensed physical therapists provide hands-on help for every part of the body to everyone from infants to the elderly. They give care and counseling on rehabilitation, exercise, and the prevention of injury and disease. And you'll find them advising on proper posture and body motion in the workplace, treating injuries, consulting on fitness, and administering physical therapy in the home.

For more information and a brochure on back pain, call 1-800-955-7848.

Put your health in the hands of a Physical Therapist.

Name

Address

City State Zip

For more information send to:
American Physical Therapy Association
P.O Box 37257 Washington, D.C. 20013

continued from page 72

Worry in 30 and Then Move On

If you fret a lot, try this: Set aside 30 minutes each day for condensed worrying.

William T. Riley, Ph.D., codirector of Virginia Commonwealth University's Anxiety Disorders Clinic, says if you do that, worry often exhausts itself and you may have less mental baggage to carry around all day. Here are four common ways we worry and how to start relaxing:

• Catastrophizers. You always assume the worst possible outcome. "I'm going to run out of gas," or "If I'm late for work, I might get fired." To reduce your fears,



correct faulty thinking by assessing real danger. What are the odds of running out of gas? People are often late without disastrous consequences.

• Perfectionists. You agonize over making mistakes before and after events. To relax, try to get more comfortable making mistakes. Burn the toast on its edges or let conversations lag from time to time without always filling in the silence.

• Chameleons. You worry what others think, overestimate the potential for rejection, and change behavior to suit others. To reduce your fears, face failure and don't view it as personal rejection.

• Compulsives. You check and recheck. You put your keys in your purse, but keep checking. Restrain yourself and ultimately you'll start trusting your judgment.



Household Noises May Soothe Colicky Babies

When Lisa VonCanon's grandmother suggested she turn on the vacuum to try to soothe her colicky son, Tucker, she was so exhausted, she tried it.

It worked.

It worked so well that VonCanon, a pediatric nurse at the Medical College of Virginia Hospitals in Richmond, Virginia, decided to spare her appliances and instead, record a compact disc of six common household sounds. (Her brother-in-law is a musician and has an in-house recording studio.) "Grandma's Colic Cure" includes the tunes, "The Hoover Hustle," "Lawn Train Runnin,' " and "Rub-a-Dub-Dub, I Can't Believe It's a Tub."

"I work in a pediatric intensive care unit and the doctors I work with said they wished they'd thought of something like this," VonCanon says. "People know it works but no one is sure why."

White noise can help cranky babies settle, says William Sears, M.D., author of *Nighttime Parenting* (NAL/Dutton, 1993). "The noise is repetitive and without meaning and lulls the mind into oblivion," he writes.

For a copy of the CD, send $11.95 plus a $3 handling fee to Two Sisters Productions, P.O. Box 29362, Richmond, VA 23242.

WANTED: POSTMENOPAUSAL WOMEN TO LEAVE A LEGACY

The Women's Health Initiative—the largest women's health study undertaken—is looking for 165,000 women, 60–79, to volunteer for the next 8 to 12 years to help their daughters and granddaughters live better, healthier lives.

The study, sponsored by the National Institutes of Health, is examining the role of hormones, diet, and calcium and vitamin D supplements in preventing heart disease, cancer, and osteoporosis. The $628 million, 15-year project is an effort to bring balance to male-dominated medical research.

The initiative is being conducted at 40 clinical centers nationwide. If you're interested, call 800/549-6636. You will automatically be connected to the center nearest you.



It's amazing how pampering your feet can improve your whole appearance.

ROUGH SKIN REMOVING CREAM

REVITALIZING SPRAY

PEPPERMINT LOTION



Feet are the most ignored and abused parts of your body. All the more reason to show your appreciation by using Dr. Scholl's® Rough Skin Removing Foot Cream with peach stone kernels. It gently removes the rough skin on your feet, making you look and feel attractive in more ways than one. In fact, any one of our foot beauty products can help improve your entire outlook.

Dr Scholl's®

FREQUENT HEARTBURN SUFFERERS:

If your heartburn medicine works so well, why do you keep getting heartburn?



ASTRA MERCK

ASK YOUR DOCTOR ABOUT PRILOSEC

Just one capsule of PRILOSEC daily can provide 24-hour acid control.

If you still suffer from heartburn two or more times a week, you probably don't have ordinary heartburn.

You may have a potentially serious condition called acid reflux disease (also known as gastroesophageal reflux disease, or GERD). Today doctors can help by prescribing PRILOSEC. It is highly effective in controlling acid production for 24 hours—even after meals, and all night, too—with just one capsule a day.

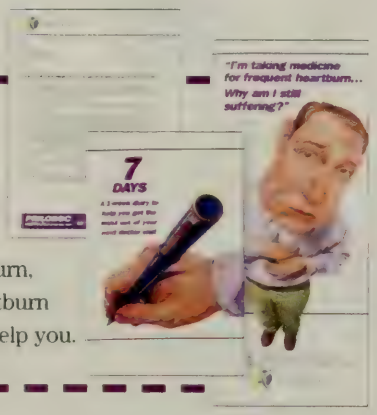
Frequently prescribed by gastrointestinal specialists.

Many GERD sufferers have experienced the 24-hour acid control and relief PRILOSEC can offer.

Available only by prescription. Ask your doctor if PRILOSEC is right for you.

PRILOSEC is generally well tolerated, but it is not for everybody. The most common side effects are headache (6.9%), diarrhea (3.0%), and abdominal pain (2.4%).

Please read important information on the following page and discuss it with your doctor.



FREE INFORMATION KIT

1-800-325-1009

You will receive FREE: a brochure about frequent heartburn, acid reflux disease, and PRILOSEC; plus, a personal heartburn diary, and a symptom questionnaire to help your doctor help you.

JUST ONE CAPSULE DAILY FOR 24-HOUR ACID CONTROL

PRILOSEC®* (OMEPRAZOLE) 20 MG ONCE DAILY

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Please read this summary carefully, and then ask your doctor about PRILOSEC. No advertisement can provide all the information needed to prescribe a drug. This advertisement does not take the place of careful discussions with your doctor. *Only your doctor* has the training to weigh the risks and benefits of a prescription drug for you.

PRILOSEC®* *(OMEPRAZOLE) Delayed-Release Capsules*

BRIEF SUMMARY

CLINICAL PHARMACOLOGY ***Pharmacokinetics and Metabolism:*** **Omeprazole –** In pharmacokinetic studies of single 20 mg omeprazole doses, an increase in AUC of approximately four-fold was noted in Asian subjects compared to Caucasians. Dose adjustment, particularly where maintenance or healing of erosive esophagitis is indicated, for the hepatically impaired and Asian subjects should be considered.

INDICATIONS AND USAGE ***Duodenal Ulcer:*** PRILOSEC is indicated for short-term treatment of active duodenal ulcer. Most patients heal within 4 weeks. Some patients may require an additional 4 weeks of therapy. PRILOSEC, in combination with clarithromycin, is also indicated for treatment of patients with *H. pylori* infection and active duodenal ulcer to eradicate *H. pylori*. Eradication of *H. pylori* has been shown to reduce the risk of duodenal ulcer recurrence. In patients who fail therapy, susceptibility testing should be done. If resistance to clarithromycin is demonstrated or susceptibility testing is not possible, alternative antimicrobial therapy should be instituted. (See the clarithromycin package insert, MICROBIOLOGY section.) ***Gastric Ulcer:*** PRILOSEC is indicated for short-term treatment (4-8 weeks) of active benign gastric ulcer. ***Treatment of Gastroesophageal Reflux Disease (GERD):*** **Symptomatic GERD –** PRILOSEC is indicated for the treatment of heartburn and other symptoms associated with GERD. **Erosive Esophagitis –** PRILOSEC is indicated for the short-term treatment (4-8 weeks) of erosive esophagitis which has been diagnosed by endoscopy. The efficacy of PRILOSEC used for longer than 8 weeks in these patients has not been established. In the rare instance of a patient not responding to 8 weeks of treatment, it may be helpful to give up to an additional 4 weeks of treatment. If there is recurrence of erosive esophagitis or GERD symptoms (e.g. heartburn), additional 4-8 week courses of omeprazole may be considered. ***Maintenance of Healing of Erosive Esophagitis:*** PRILOSEC is indicated to maintain healing of erosive esophagitis. Controlled studies do not extend beyond 12 months. ***Pathological Hypersecretory Conditions:*** PRILOSEC is indicated for the long-term treatment of pathological hypersecretory conditions (e.g., Zollinger-Ellison syndrome, multiple endocrine adenomas and systemic mastocytosis).

CONTRAINDICATIONS ***Omeprazole:*** PRILOSEC Delayed-Release Capsules are contraindicated in patients with known hypersensitivity to any component of the formulation. ***Clarithromycin:*** Clarithromycin is contraindicated in patients with a known hypersensitivity to any macrolide antibiotic, and in patients receiving terfenadine therapy who have pre-existing cardiac abnormalities or electrolyte disturbances. (Please refer to full prescribing information for clarithromycin before prescribing.

WARNING: ***Clarithromycin:*** **CLARITHROMYCIN SHOULD NOT BE USED IN PREGNANT WOMEN EXCEPT IN CLINICAL CIRCUMSTANCES WHERE NO ALTERNATIVE THERAPY IS APPROPRIATE. IF PREGNANCY OCCURS WHILE TAKING CLARITHROMYCIN, THE PATIENT SHOULD BE APPRISED OF THE POTENTIAL HAZARD TO THE FETUS. (See WARNINGS in prescribing information for clarithromycin.)**

PRECAUTIONS ***General:*** Symptomatic response to therapy with omeprazole does not preclude the presence of gastric malignancy. Atrophic gastritis has been noted occasionally in gastric corpus biopsies from patients treated long-term with omeprazole. ***Information for Patients:*** PRILOSEC Delayed-Release Capsules should be taken before eating. Patients should be cautioned that the PRILOSEC Delayed-Release Capsule should not be opened, chewed or crushed, and should be swallowed whole. ***Drug Interactions:*** **Other –** Omeprazole can prolong the elimination of diazepam, warfarin and phenytoin, drugs that are metabolized by oxidation in the liver. Although in normal subjects no interaction with theophylline or propranolol was found, there have been clinical reports of interaction with other drugs metabolized via the cytochrome P-450 system (e.g., cyclosporine, disulfiram, benzodiazepines). Patients should be monitored to determine if it is necessary to adjust the dosage of these drugs when taken concomitantly with PRILOSEC. Because of its profound and long lasting inhibition of gastric acid secretion, it is theoretically possible that omeprazole may interfere with absorption of drugs where gastric pH is an important determinant of their bioavailability (e.g., ketoconazole, ampicillin esters, and iron salts). In the clinical trials, antacids were used concomitantly with the administration of PRILOSEC. **Combination Therapy with Clarithromycin –** Co-administration of omeprazole and clarithromycin may result in increases in plasma levels of omeprazole, clarithromycin, and 14-hydroxy-clarithromycin. (See CLINICAL PHARMACOLOGY, *Pharmacokinetics: Combination Therapy with Clarithromycin* in full Prescribing Information.) ***Carcinogenesis, Mutagenesis, Impairment of Fertility:*** In two 24-month carcinogenicity studies in rats, omeprazole at daily doses of 1.7, 3.4, 13.8, 44.0 and 140.8 mg/kg/day (approximately 4 to 352 times the human dose, based on a patient weight of 50 kg and a human dose of 20 mg) produced gastric ECL cell carcinoids in a dose-related manner in both male and female rats; the incidence of this effect was markedly higher in female rats, which had higher blood levels of omeprazole. Gastric carcinoids seldom occur in the untreated rat. In addition, ECL cell hyperplasia was present in all treated groups of both sexes. In one of these studies, female rats were treated with 13.8 mg/kg/day omeprazole (approximately 35 times the human dose) for 1 year, then followed for an additional year without the drug. No carcinoids were seen in these rats. An increased incidence of treatment-related ECL cell hyperplasia was observed at the end of 1 year (94% treated vs 10% controls). By the second year the difference between treated and control rats was much smaller (46% vs 26%) but still showed more hyperplasia in the treated group. An unusual primary malignant tumor in the stomach was seen in one rat (2%). No similar tumor was seen in male or female rats treated for 2 years. For this strain of rat no similar tumor has been noted historically, but a finding involving only one tumor is difficult to interpret. A 78-week mouse carcinogenicity study of omeprazole did not show increased tumor occurrence, but the study was not conclusive. Omeprazole was not mutagenic in an *in vitro* Ames *Salmonella typhimurium* assay, an *in vitro* mouse lymphoma cell assay and an *in vivo* rat liver DNA damage assay. A mouse micronucleus test at 625 and 6250 times the human dose gave a borderline result, as did an *in vivo* bone marrow chromosome aberration test. A second mouse micronucleus study at 2000 times the human dose, but with different (suboptimal) sampling times, was negative. ***Pregnancy:*** **Omeprazole: Pregnancy Category C –** In rabbits, omeprazole in a dose range of 6.9 to 69.1 mg/kg/day (approximately 17 to 172 times the human dose) produced dose-related increases in embryo-lethality, fetal resorptions and pregnancy disruptions. In rats, dose-related embryo/fetal toxicity and postnatal developmental toxicity were observed in offspring resulting from parents treated with omeprazole 13.8 to 138.0 mg/kg/day (approximately 35 to 345 times the human dose). There are no adequate or well-controlled studies in pregnant women. Sporadic reports have been received of congenital abnormalities occurring in infants born to women who have received omeprazole during pregnancy. Omeprazole should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. **Clarithromycin: Pregnancy Category C –** See WARNING (above) and full prescribing information for clarithromycin before using in pregnant women. ***Nursing Mothers:*** It is not known whether omeprazole is excreted in human milk. In rats, omeprazole administration during late gestation and lactation at doses of 13.8 to 138 mg/kg/day (35 to 345 times the human dose) resulted in decreased weight gain in pups. Because many drugs are excreted in human milk, because of the potential for serious adverse reactions in nursing infants from omeprazole, and because of the potential for tumorigenicity shown for omeprazole in rat carcinogenicity studies, a decision should be made whether to discontinue nursing or discontinue the drug, taking into account the importance of the drug to the mother. ***Pediatric Use:*** Safety and effectiveness in children have not been established.

ADVERSE REACTIONS: In the U.S. clinical trial population of 465 patients including duodenal ulcer, Zollinger-Ellison syndrome and resistant ulcer patients), the following adverse experiences were reported to occur in 1% or more of patients on therapy with PRILOSEC. Numbers in parentheses indicate percentages of the adverse experiences considered by investigators as possibly, probably, or definitely related to the drug.

	Omeprazole (n=465)	Placebo (n=64)	Ranitidine (n=195)
Headache	6.9 (2.4)	6.3	7.7 (2.6)
Diarrhea	3.9 (1.9	3.1 (1.6	2.1 (0.5
Abdominal Pain	2.4 (0.4)	3.1	2.1
Nausea	2.2 (0.9	3.1	4.1 (0.5)
URI	1.9	1.6	2.6
Dizziness	1.5 (0.6)	0.0	2.6 (1.0)
Vomiting	1.5 (0.4	3.1	1.5 (0.5)
Rash	1.5 1.1	0.0	
Constipation	1.1 (0.9	0.0	
Cough	1.1	1.6	1.5
Asthenia	1.1 (0.2	1.6 (1.6	1.0 (0.5)
Back Pain	1.1	0.0	0.5

*Registered trademark of Astra AB

The following adverse reactions which occurred in 1% or more of omeprazole-treated patients have been reported in international double-blind, and open-label, clinical trials in which 2,631 patients and subjects received omeprazole.

Incidence of Adverse Experiences ≥ 1% Causal Relationship not Assessed

		Omeprazole (n=2631)	Placebo (n=120)
Body as a Whole, site unspecified	Abdominal pain	5.2	3.3
	Asthenia	1.3	0.8
Digestive System	Constipation	1.5	0.8
	Diarrhea	3.7	2.5
	Flatulence	2.7	5.8
	Nausea	4.0	6.7
	Vomiting	3.2	10.0
	Acid regurgitation	1.9	3.3
Nervous System/Psychiatric	Headache	2.9	2.5

Additional adverse experiences occurring in <1% of patients or subjects in domestic and/or international trials, occurring since the drug was marketed, are shown below within each body system. In many instances, the relations to PRILOSEC® (omeprazole) was unclear. *Body As a Whole:* Fever, pain, fatigue, malaise, abdominal swelli *Cardiovascular:* Chest pain or angina, tachycardia, bradycardia, palpitation, elevated blood pressure, peripheral eden *Gastrointestinal:* Pancreatitis (some fatal), anorexia, irritable colon, flatulence, fecal discoloration, esophageal candidias mucosal atrophy of the tongue, dry mouth. During treatment with omeprazole, gastric fundic gland polyps have be noted rarely. These polyps are benign and appear to be reversible when treatment is discontinued. Gastro-duode carcinoids have been reported in patients with ZE syndrome on long-term treatment with PRILOSEC. This findin believed to be a manifestation of the underlying condition, which is known to be associated with such tumors. *Hepa* Mild and, rarely, marked elevations of liver function tests [ALT (SGPT), AST (SGOT), γ-glutamyl transpeptidase, alkal phosphatase, and bilirubin (jaundice)]. In rare instances, overt liver disease has occurred, including hepatocellu choiestatic, or mixed hepatitis, liver necrosis (some fatal), hepatic failure (some fatal), and hepatic encephalopat *Metabolic/Nutritional:* Hyponatremia, hypoglycemia, weight gain. *Musculoskeletal:* Muscle cramps, myalgia, mus weakness, joint pain, leg pain. *Nervous System/Psychiatric:* Psychic disturbances including depression, aggressi hallucinations, confusion, insomnia, nervousness, tremors, apathy, somnolence, anxiety, dream abnormalities, vertic paresthesia, hemifacial dysesthesia. *Respiratory:* Epistaxis, pharyngeal pain. *Skin:* Rash and, very rarely, cases of sev generalized skin reactions including toxic epidermal necrolysis (TEN; some fatal), Stevens-Johnson syndrome, a erythema multiforme (some severe), skin inflammation, urticaria, angioedema, pruritus, alopecia, dry skin, hyperhidros *Special Senses:* Tinnitus, taste perversion. *Urogenital:* Interstitial nephritis (some with positive rechallenge), urinary tr infection, microscopic pyuria, urinary frequency, elevated serum creatinine, proteinuria, hematuria, glycosuria, testicu pain, gynecomastia. *Hematologic:* Rare instances of pancytopenia, agranulocytosis (some fatal), thrombocytoper neutropenia, anemia, leucocytosis, and hemolytic anemia have been reported. ***Combination Therapy w Clarithromycin:*** In clinical trials using combination therapy with PRILOSEC and clarithromycin, no adverse experienc peculiar to this drug combination have been observed. Adverse experiences that have occurred have been limited those that have been previously reported with omeprazole or clarithromycin. Adverse experiences observed in controll clinical trials using combination therapy with PRILOSEC and clarithromycin (n=346) which differed from those previou described for omeprazole alone were: Taste perversion (15%), tongue discoloration (2%), rhinitis (2%), pharyngitis (1 and flu syndrome (1%). For more information on clarithromycin, refer to the clarithromycin package insert, ADVER REACTIONS section.

OVERDOSAGE: Rare reports have been received of overdosage with omeprazole. Doses ranged from 320 mg to 9 mg (16-45 times the usual recommended clinical dose). Manifestations were variable, but included confuse drowsiness, blurred vision, tachycardia, nausea, diaphoresis, flushing, headache, and dry mouth. Symptoms we transient, and no serious clinical outcome has been reported. No specific antidote for omeprazole overdosage is know Omeprazole is extensively protein bound and is, therefore, not readily dialyzable. In the event of overdosage, treatme should be symptomatic and supportive.

DOSAGE AND ADMINISTRATION ***Duodenal Ulcer:*** Short-Term Treatment of Active Duodenal Ulcer: The reco mended adult oral dose of PRILOSEC is 20 mg once daily. Most patients heal within 4 weeks. Some patients may req an additional 4 weeks of therapy. (See INDICATIONS AND USAGE.)

Reduction of the Risk of Duodenal Ulcer Recurrence: Combination Therapy with Clarithromycin

Days 1-14	Days 15-28:
PRILOSEC 40 mg q.d. (in the morning) plus clarithromycin 500 mg t.i.d.	PRILOSEC 20 mg q.d.

Please refer to clarithromycin full prescribing information for CONTRAINDICATIONS and WARNING, and for informati regarding dosing in elderly and renally impaired patients (PRECAUTIONS: *General*; PRECAUTIONS: *Geriatric Use* a PRECAUTIONS: *Drug Interactions*). ***Gastric Ulcer:*** The recommended adult oral dose is 40 mg once a day for 4 to weeks. (See INDICATIONS AND USAGE, *Gastric Ulcer*.) ***Gastroesophageal Reflux Disease (GERD):*** The reco mended adult oral dose for the treatment of patients with symptomatic GERD and no esophageal lesions is 20 mg da for up to 4 weeks. The recommended adult oral dose for the treatment of patients with erosive esophagitis and acco panying symptoms due to GERD is 20 mg daily for 4 to 8 weeks. (See INDICATIONS AND USAGE.) ***Maintenance Healing of Erosive Esophagitis:*** The recommended adult oral dose is 20 mg daily. ***Pathological Hypersecreto Conditions:*** The dosage of PRILOSEC in patients with pathological hypersecretory conditions varies with the individ patient. The recommended adult oral starting dose is 60 mg once a day. Doses should be adjusted to individual patie needs and should continue for as long as clinically indicated. Doses up to 120 mg t.i.d. have been administered. Da dosages of greater than 80 mg should be administered in divided doses. No dosage adjustment is necessary for patier with renal impairment, hepatic dysfunction or for the elderly.

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Manufactured by:
MERCK & Co., INC.
West Point, PA 19486, USA

PRC-16/12/9

December 1996

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NOTE: This summary provides important information about PRILOSEC. If you would like more information, ask your doctor or pharmacist to let you read the professional labeling and then discuss it with them.

THE GREAT 1¢ MOVIE DEAL

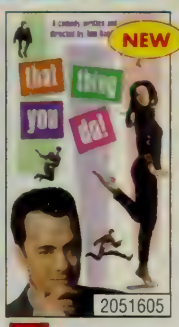














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PLUS 2 MORE AT GREAT SAVINGS! See details below.

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Wizard Of Oz (THX)	1956606
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ska	2036309

NEW RELEASES

AWAY HOME	2036200
E CHAMBER	2054609
PERCOP	2053205
E GLIMMER MAN	2049203
CK	2049609
CAPE FROM L.A.	2025609
E FAN (1996)	2036408
y Wonka h Ann. Ed.)	1966506
n Reaction	2023109
Frighteners	2014207
Island Of Moreau (1996)	2018505
pin	2027100
Phantom	2013704
Cup	2021004
ho	1922707
Fiction-Special ector's Edition	1495803
est Gump	1333202
en	1504208
ay	1434406
t Be A Menace To th Central While king Your Juice he Hood	1992106
Shawshank emption	1345503
lo 13	1447903

The Color Purple	0630103
The Bridges Of Madison County	1509900
Waiting To Exhale	1920404
FIRST KID	2049708
LAST MAN STANDING	2050201
D3 THE MIGHTY DUCKS	2051100
SAMSON AND DELILAH (1996)	2035608
A VERY BRADY SEQUEL	2042802
The American President	1923309
Multiplicity	2006104
Pretty Woman	0904102
Muppet Treasure Island	1957901
Grease	0207407
The Crait	2000800



A TIME TO KILL
2014405

Jurassic Park	1264001
Tombstone	1254200

The Godfather (Original Version)	0000802
The Godfather: Part II (Original Version)	0001800
The Godfather: Part III (Original Version)	0842302
Dirty Dancing	0495507
Scarface (1983)	0216804
Mrs. Doubtfire	1221605
The Ten Commandments (1956)	0202606
Heat	2005809
Sense And Sensibility	1936301
While You Were Sleeping	1443506
From Dusk Till Dawn	1947407
The Fugitive	1197706
The Truth About Cats And Dogs	1980002
12 Monkeys	1937705
Dead Presidents	1924307
A Few Good Men	1106301
Powder	1924406
True Lies	1327105
Fried Green Tomatoes	1005404
The Silence Of The Lambs	0805309
Major Payne	1411404
Dead Man Walking	1939800
The Little Rascals (The Movie)	1333509
Striptease	2014306
The Sound Of Music (THX)	1946706
Sgt. Bilko	1963602

A Walk In The Clouds	1496504
Ghost	0826008
The Indian In The Cupboard (EC)	1467000
Casper (The Movie)	1427905
Speed	1297407
Sabrina (1995)	1923408
Bad Boys	1451806
Dances With Wolves	0805200
Dangerous Minds	1485309
Legends Of The Fall	1371301
Black Sheep	1951607
Waterworld	1472000
Sleepless In Seattle	1154905
To Wong Foo, Thanks For Everything! Julie Newmar	1487404
When A Man Loves A Woman	1310507
The Land Before Time	0582205
The Land Before Time II: The Great Valley Adventure	1314103
The Land Before Time III: The Time Of The Great Giving	1404300
The Land Before Time IV: Journey Through The Mists	1985100
Eye For An Eye (1996)	1938109
Crimson Tide	1453307
Goodfellas	0969808
Interview With The Vampire	1364405
First Knight	1460104

The Last Of The Mohicans (1992)	1071406
Leaving Las Vegas	1501808

CLUB FAVORITES

INDEPENDENCE DAY	1990506
ERASER	1993609
BRAVEHEART	1491604
THE BIRDCAGE	1970409
UP CLOSE AND PERSONAL	1980804
EXECUTIVE DECISION	1955905
STAR WARS (THX)	1416007
A THIN LINE BETWEEN LOVE & HATE	1988401
MATILDA	2021509
MR. HOLLAND'S OPUS	1939008
THE CABLE GUY	2014009
BABE: THE GALLANT PIG	1479302
JUMANJI	1918002
HAPPY GILMORE	1937507
PRIMAL FEAR	1987601
BROKEN ARROW (1996)	1941806

The Empire Strikes Back (THX)	1415801
Return Of The Jedi (THX)	1415900
Clueless	1462506



THE ROCK
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Fitful Slumber

Sleep apnea can do more than ruin a good night's sleep.

by Jeanine Barone

If you think sleeping next to an industrial-grade snorer is bad, consider the world of sleep apnea.

You're sleeping quietly beside your partner when all of a sudden, his or her chest stops its comforting rise and fall. The silence is broken with an explosive gasp or snort, he or she becomes restless, and then normal breathing—or more likely, snoring—resumes.

"My wife couldn't sleep in the same room with me," says Jim DeCastro, the sheriff of Bristol County, Rhode Island, who suffers from sleep apnea. "My tenants on the second floor complained. No one could take it anymore."

Sleep apnea is more than just loud snoring. A person literally stops breathing while asleep. The tongue or other soft tissues fall back and completely collapse the airway. At other times, the airway is only partially obstructed and breathing is very shallow. Either way, oxygen levels drop. Throat muscles contract as the person struggles to breathe. He or she gasps or lets out a snort as air rushes down the now-open throat. Oxygen levels return to normal and the person falls back asleep.

This cycle can be repeated dozens of times each hour. Snorting and snoring become such a routine, most people have no memory of their spasmic breathing cycle. Others may remember a restless night or a sudden awakening.

Most people with obstructive sleep apnea stop breathing for 10 to 40 seconds. Some stop breathing repeatedly, as many as 500 times a night. Martin Scharf, Ph.D., director of the Tri-State Sleep Disorders Center in Cincinnati, has treated a man who stopped breathing 144 times every hour throughout the night.

Asleep at the wheel. If you sleep alone, you probably won't know you have apnea until symptoms develop, which can take a while. If someone has complained that your snoring sounds like a jackhammer, suspect apnea. Not all snorers have sleep apnea, but more than half of all heavy snorers do.

James Kiley, M.D., director of the National Center on Sleep Disorders Research at the National Institutes of Health, says women usually recognize the problem. "Often it doesn't happen in the reverse," he says, "because women may not snore as intensely as men so their male bed partner doesn't wake up."

Symptoms may be vague and subtle. You may feel tired and sleepy during the day even after a full night's sleep. Before he became a sheriff deputy, Jim was a mechanic

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Fitful Slumber

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and would fall asleep on cars despite 12 hours of sleep.

Apneics may wake up with a headache. They feel irritable, experience memory difficulties, and have problems concentrating. Many sufferers report depression, impotence, or loss of sex drive. Marlene Greene, a computer specialist in New York City, was being treated for depression until a sleep lab determined she really had obstructive sleep apnea. Some people are so exhausted, they fall asleep at the wheel. Patients with sleep apnea have a three to seven times greater chance of having a car crash, says Allan Pack, M.D., director of the Penn Center for Sleep Disorders.

Jim once fell asleep outside the drive-through window at a bank, was suspected of drunk driving, and then couldn't recall how to sign his name.

Collar size counts. Obstructive sleep apnea is most common in middle age and more likely to strike men than women. "In men 30 to 60 years old, it's as common as asthma and diabetes," says Richard Millman, M.D., director of the Sleep Disorders Center at Rhode Island Hospital.

One big risk factor appears to be body fat. Sixty percent of people with sleep apnea are overweight. But specifically, it's not the poundage, but the neck size that counts. Men with a neck circumference of 17 inches or larger (16 inches for women) are more likely to have their airway collapse while sleeping. So is someone with a double chin or a lot of fat at the waist.

Apnea usually worsens with age because the tissues in the throat become floppier and people gain weight. Men are more susceptible because they often have beefier throat tissues and gather fat in their abdomen, neck, and shoulders—all factors for a narrower airway.

It's unclear whether apnea is caused by obesity, oversized tissues in the throat, a thick neck, basic jaw structure, or a combination, says Rafael Pelayo, M.D., of the Stanford Sleep Clinic. There may be a genetic link as well. Snoring does run in families, and relatives of those affected with apnea tend to be more likely to have apnea and have shallow breathing.

The heart connection. When you stop breathing, your body experiences a fight-or-flight response: adrenaline is released and blood pressure shoots up. After repeated bursts of nighttime high blood pressure, hypertension may persist during the day. With each apneic episode, the heart has to work harder. That's because there's less oxygen flowing to the heart. The worry is that apnea may increase the risk of heart attack, stroke, and heart rhythm disturbances.

Dr. Millman found that men with sleep apnea were more likely to be obese, have high blood pressure and poor blood sugar regulation—all risks for heart disease—though not when the researchers controlled for age and weight. Dr. Millman believes sleep apnea doesn't cause heart disease but it may make underlying heart disease worse.

"If someone has severe apnea and coronary artery disease, the stress of apnea could be equivalent to shoveling heavy snow," says Dr. Millman. That's because an apneic's low oxygen levels compound the problem of reduced blood supply to the heart. A nonobese person with apnea who doesn't have heart disease wouldn't have an increased heart disease risk as long as he didn't have high blood pressure.

Making the diagnosis. Until recently, most family doctors would rarely diagnose apnea or were unfamiliar with how to treat it. Sleep apnea was only officially defined in 1965.

"If you tell a doctor that you're fatigued, tired, and sleepy during the day, he'll laugh because he's sleep-deprived himself," Dr. Millman says. "It's not going to send off bells and whistles like chest pain."

If you think you or your partner may have apnea, talk to your doctor. He or she should refer you to a pulmonary specialist or ear, nose, and throat doctor. Make sure the person specializes in sleep disorders and sleep apnea. During the exam, your nose, throat, and jaw will be examined. You and your mate will be asked about snoring history, gasping or snorting, sleep habits, daytime tiredness, or falling asleep in front of the TV. Yosef Krespi, M.D., director of ear, nose, and throat service at St. Luke-Roosevelt Hospital, gives his patients and their bed partners an eight-page questionnaire.

The only sure way to make a diagnosis, however, and determine severity is to spend a night or two in a sleep lab for a polysomnography exam. Technicians monitor blood oxygen levels, heart rate, temperature, brain waves, and

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WHAT'S YOUR SNORE SCORE?

For each question, give yourself 1 point for Never, 2 for Very Infrequently, 3 for Occasionally, 4 for Often, and 5 for Always or Almost Always. If you score a 4 or more on most questions, it's likely you have sleep apnea and should consult your doctor.

1. Does your snoring disturb your bed partner?

2. Do you snore in all sleeping positions?

3. Has someone told you that you stop breathing for a long time between snores?

4. Does your snoring ever wake you suddenly?

5. Are you tired when the alarm goes off?

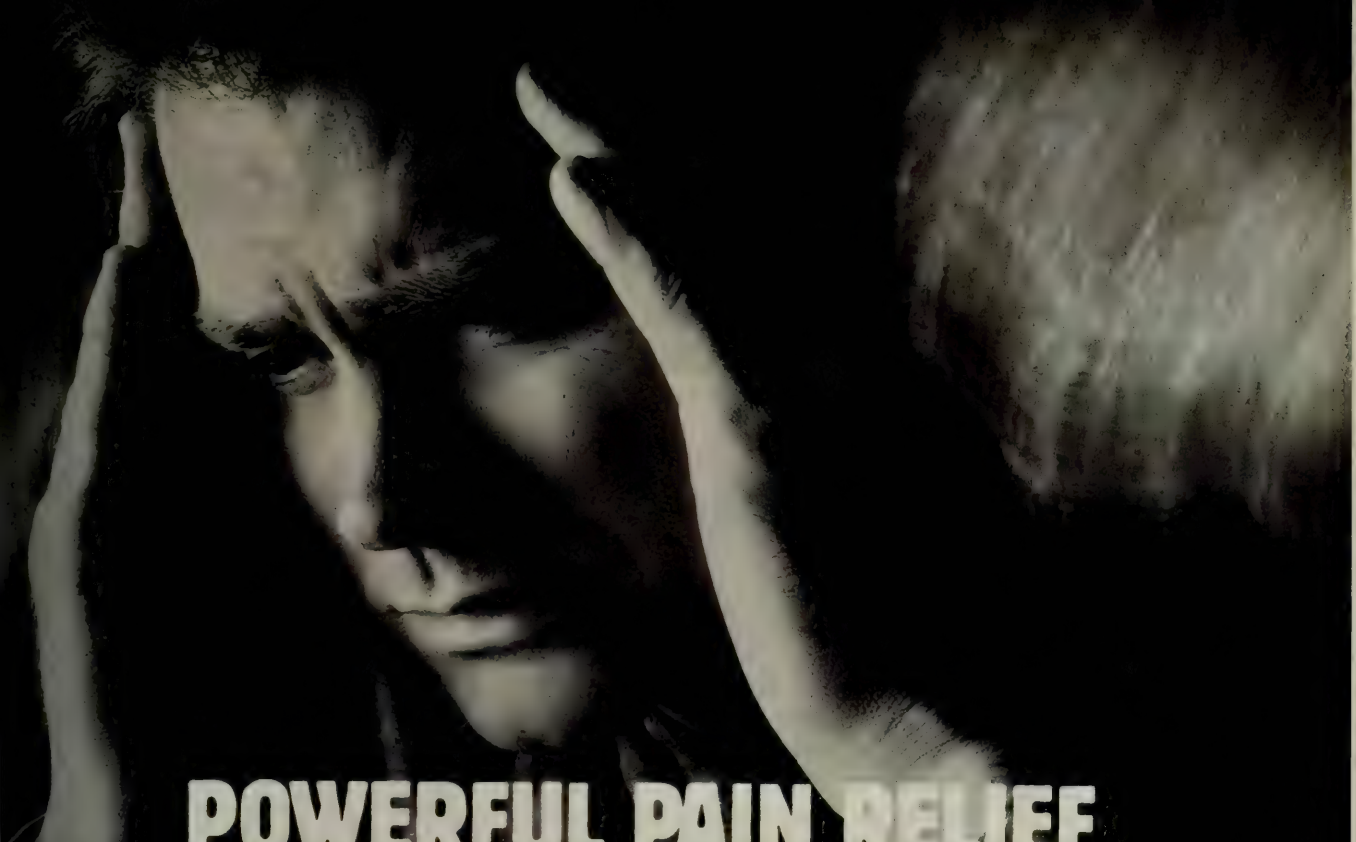
6. Is it hard for you to get out of bed when you wake up?

7. Are you tired during the day?

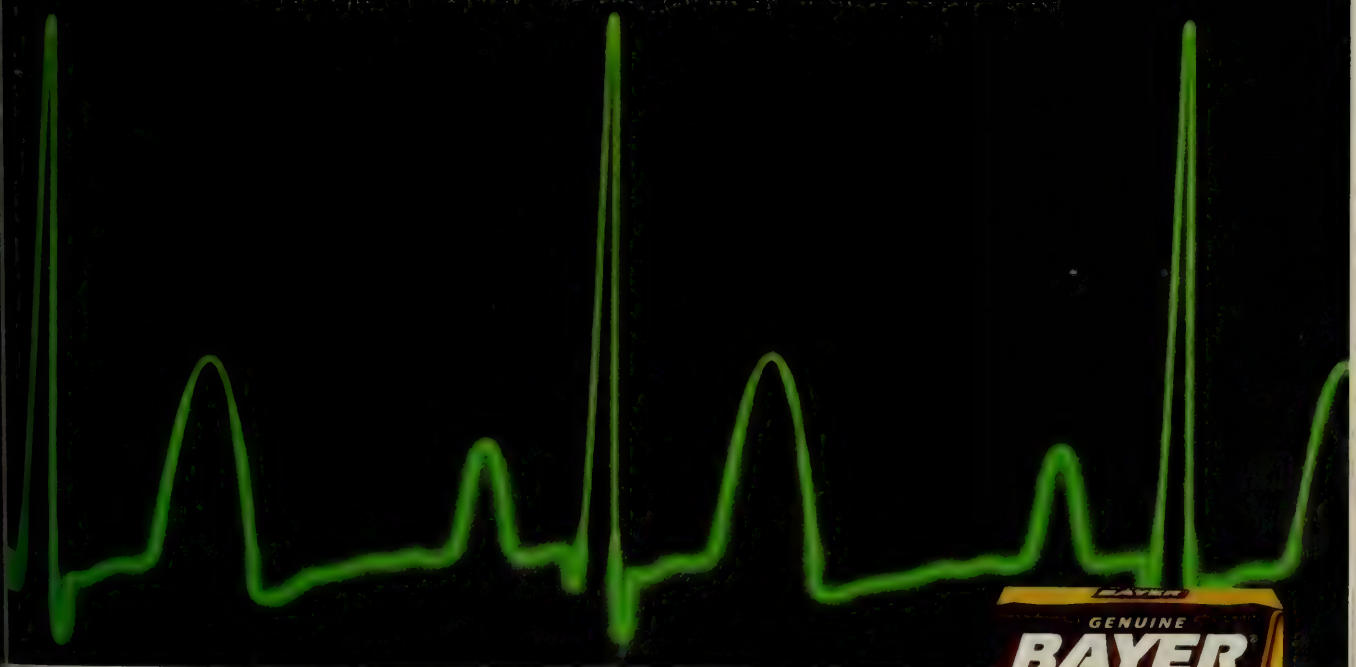
8. Do you fall asleep while watching TV, at the movies, or in church?

9. Have you ever been in a car accident because you fell asleep while driving?

—Adapted from Snoring from A to ZZZZ: Proven Cures for the Night's Worst Nuisance *by Derek S. Lipman, M.D. (Spencer Press, 1996).*



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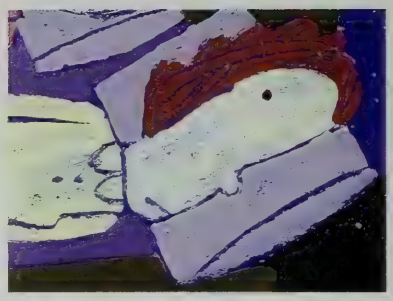
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Fitful Slumber

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the number of times breathing stops.

Polysomnography in a lab is expensive (about $2,000), but it's often covered by insurance. There also are home monitoring devices at half the cost, but insurance carriers don't always pay. "Portable unattended tests aren't as sensitive," says Dr. Pelayo. "They pick up obvious apnea but not the milder varieties."



Losing weight can make apnea disappear in some people.

Ways to silence snoring. Simple lifestyle changes may help you muffle loud snoring. Avoid alcohol after dinner and stay away from tranquilizers, which relax throat muscle tone, depress breathing, and make apnea more likely. Dr. Millman suggests people with stuffy noses use a decongestant or nasal strips, such as Breath Right, to open the nasal passage. Some apneics improve by not sleeping on their back. That's because the tongue falls back in that position. A classic technique is to stuff a tennis ball into a sock and clip it to the back of your nightshirt so you won't roll onto your back.

If you smoke, quit. Smoking can swell throat tissues, increase mucus formation, and worsen the low oxygen levels that accompany apnea. Losing weight can make apnea disappear in some people. Even a 10 percent weight loss could reduce the frequency of episodes. At this time, there are no pills that can treat sleep apnea.

Continuous positive air pressure (CPAP, pronounced see-pap), according to Dr. Pack, is "the gold standard" for treating sleep apnea. "It can abolish apneic events in anyone, no matter how severe," he says.

Patients wear a mask over their nose that delivers air under pressure to their lungs. The forced air keeps the airway open. As a result, the heart doesn't have to work as hard and blood pressure may drop to normal.

The first time Jim used his CPAP, he says, he got the first good night's sleep in a long time. "Now, I don't know when I last took a nap," he says. Once Marlene started using a CPAP, she stopped falling asleep at her computer or when visiting friends.

The CPAP has to be worn every night for the rest of your life. The mask can be uncomfortable for some patients, and some get eye, nose, or mouth irritations. Others complain it's difficult to breath out against the high air pressure.

Another alternative: A dentist can fit you with an oral device that repositions your tongue and jaw to hold them forward. It works because when you pull the jaw forward, the tongue moves forward as well.

"These devices are no worse than a retainer and results are similar to CPAP," Dr. Scharf says. The problem is that there are 37 different types which look and operate differently, they can be costly, and your insurance company may not cover the expense.

Surgery—the final option. Surgery to widen the airway is usually not done unless all other options have failed. Called the uvulopalatopharyngoplasty or UPPP (UP3), it reduces the size of the uvula, soft palate, or both. Only 50 percent of apneics have some success with this technique. It's expensive, there's a painful recovery, and like all surgery, it carries risks.

"You know you've done something with surgery if patients say they're having wild dreams. With severe apnea, patients don't dream," says Derek Lipman, M.D., an ear, nose, and throat specialist in Portland, Oregon.

The newest surgical procedure is to zap away excess tissue with a laser, called a laser-assisted uvulopalatoplasty or LAUP. Originally designed to eliminate snoring, LAUP is an office procedure using only local anesthesia. Compared with UP3, it's less costly and less painful with a quicker recovery. On the downside, it may require several treatments. And it's controversial how well LAUP treats apnea.

"The concern is turning the person into a silent apneic," says Dr. Pack. In other words, the jackhammer sound effects are gone, but the apnea isn't. Success depends on how carefully patients are selected. "In better studies where they are meticulous in selection, the success rate is 80 percent," says Dr. Lipman.

Dr. Krespi, who has treated over 1,200 patients with this procedure, has found that it works for mild apnea if the obstruction is in the palate (and uvula). "People who have moderate or severe apnea, are overweight and can't lose weight, or have uncontrolled high blood pressure aren't good candidates for laser surgery," he says.

One thing experts do agree on is that, if you have surgery, you should have a postsurgery sleep study to see how your apnea was affected.

FOR MORE INFORMATION

- The American Sleep Apnea Association, 2025 Pennsylvania Avenue, NW, Suite 905, Washington DC 20006, 202/293-3650.
- The American Sleep Disorders Association, 1610 14th Street, NW, Suite 300, Rochester, MN 55901. Please include an SASE.
- The National Heart, Lung and Blood Institute, Information Center, P.O. Box 30105, Bethesda, MD 20824-0105, 301/251-1222. Ask for "Facts about Sleep Apnea."



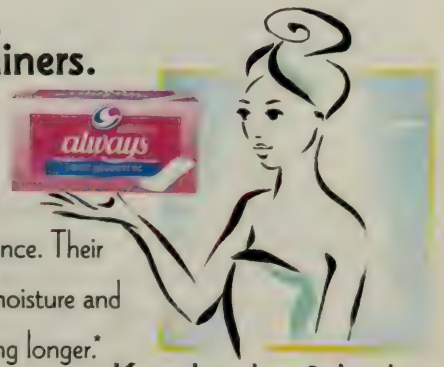
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Sick? Tired? Check Your Thyroid



by Nick Gallo

Olympic track star Gail Devers suffered from it. So did former First Lady Barbara Bush, who confided to the press at the time that her gland "went whacko." George Bush, too, was afflicted, rushed to the hospital in 1991 when his heart started racing.

Their problem? Thyroid disorders.

The thyroid gland, located just below your Adam's apple, weighs less than an ounce, but it's essential to most of your body's functioning. The gland takes dietary iodine from your blood and uses it to make two hormones that influence heart rate, body weight, mood, energy, skin condition, and, if you're a woman, fertility and menstrual regularity.

This tiny neck gland can go haywire, eluding diagnosis for years.

Properly treated, thyroid problems can be managed relatively easily. But, first they must be detected—which isn't always easy.

Underactive thyroid. The most common thyroid problem is hypothyroidism ("hypo" means too low), which occurs when the gland produces too little hormone. Eleven million Americans have this condition, according to the Thyroid Foundation of America. Untreated, hypothyroidism can cause high cholesterol, forgetfulness, difficulty concentrating, and infertility.

If your gland is underactive, it causes a slowdown in your metabolism. You may feel tired and sluggish. You may gain weight (usually no more than 10 or 20 pounds) or be sensitive to the cold. Other symptoms include a puffy face, dry skin, brittle nails, constipation, or irregular menstrual periods.

"I felt like I never could get jump-started," says Mary Shomon, 35, of Alexandria, Virginia. "I thought maybe I wasn't getting enough sleep." She spent a year dragging herself around before she went to a doctor. Even then, her doctor suspected allergies and other problems until three months later tests showed Mary had an underactive thyroid.

An elusive illness. For most sufferers, thyroid troubles develop gradually over many months and may be overlooked or attributed to stress, normal aging, or menopause. Studies suggest that half the people who are hypothyroid aren't aware of it, says Loren Wissner Greene, M.D., an endocrinologist at the New York University School of Medicine.

"People just think they're getting older or feeling depressed," says Dr. Greene. "Even family members and close friends often don't notice changes."

The most common cause of hypothyroidism is Hashimoto's disease, a disorder in which the immune system produces cells that attack the thyroid. It is five to eight times more common in women than in men, and usually occurs after 40. By 60, an estimated 17 percent of women and 9 percent of men have an underactive thyroid. Your risk rises if you have a family history of thyroid disease or an autoimmune disease, such as diabetes.

About one in 20 women experience thyroid problems after giving birth. New mothers may first develop the "hyped-up" symptoms of an overactive thyroid, then have their thyroid plunge too low and develop postpartum depressionlike symptoms, says Dr. Greene. Often, hormone production returns to normal a year after birth, but short-term treatment is sometimes needed, she says.

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Check Your Thyroid

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Although hypothyroidism tends to strike later in life, young adults aren't immune. Gayle Macleod, of Dallas, was only 21 when she began feeling more tired than usual. A college student, she blamed it on schoolwork, but within a year, her weight ballooned from 120 to 150 pounds. Her hair and skin looked as if they had been baked in the sun. It was only after her neck swelled that she went to a doctor and was treated.

"By that time, I was a walking zombie," she says. "But I didn't know anything about thyroid disease. I had no idea a little gland could cause so much trouble."

The diagnostic test. Thyroid disorders can be easily uncovered with a highly sensitive blood test that measures thyroid-stimulating hormone (TSH), a substance secreted by the pituitary gland. The pituitary regulates how much hormone is produced by the thyroid gland. When the thyroid is underactive, it registers high levels; when the gland is overstimulated, it's low.

The sensitive TSH test makes early diagnosis possible, allowing patients to start treatment before troublesome symptoms develop. The test—which costs about $50—isn't routine in regular health exams, but some medical experts believe it should be. A study published last year in the *Journal of the American Medical Association* reported that regular testing of men and women 35 years and older for thyroid problems would be as cost-effective as checking blood pressure or testing cholesterol levels.

The American Association of Clinical Endocrinologists (AACE) urges older adults, especially older women, to have regular thyroid tests even if they don't have symptoms. AACE doesn't specify at what age. Experts disagree over guidelines, says Stanley Feld, M.D., a Dallas endocrinologist. "Some experts think mass screening should start at 60, but if you're a 33-year-old woman with unexplained symptoms, you should get tested."

Synthetic hormone therapy. Once it's diagnosed, doctors treat hypothyroidism by replacing the flagging thyroid hormone with a synthetic version called levothyroxine, sold as Synthroid, Levothroid, or Levoxyl. The medication restores hormone levels to normal and eliminates symptoms. Typically, it delivers benefits within weeks, but it often takes a few months and some experimentation to find the correct dose.

The drug is not a cure. It must be taken daily for life. Fortunately, it has few side effects or allergies, can be taken during pregnancy or nursing, and is inexpensive (about $60 to $80 a year).

If you're taking the pill, be sure to have periodic TSH blood tests to ensure the correct dose, says Lawrence Wood, M.D., the Thyroid Foundation of America's medical director. Too-high thyroid levels can cause bone loss, increasing the risk for osteoporosis and heart problems.

Overactive thyroid. About 1 million people suffer the opposite thyroid problem. Their gland produces too much hormone, sending their bodies into overdrive.

For Claudia Canny of New York City, the symptoms weren't unpleasant at first. She jogged five miles every morning, worked hard all day, baked cookies all night. But when she lost 40 pounds in two months, she consulted her doctor. He suspected thyroid disease.

Disbelieving she was sick, Claudia didn't return for care. Four months later, she couldn't walk across the room without losing her breath. Her heart pounded. Her hands shook and her hair fell out. Claudia went to the doctor, where tests showed she was in danger of a stroke or heart attack. She was hospitalized and treated for Graves' disease, the most common cause of hyperthyroidism.

Graves' disease happens when the thyroid produces too much hormone. Like hypothyroidism, it tends to run in families with thyroid problems or autoimmune diseases. It's more prevalent in women than men, particularly those in their thirties and forties.

Symptoms are rarely as dramatic as Claudia's, who had an emergency condition called "thyroid storm." If you're hyperthyroid ("hyper" indicates too much), you're likely to suffer rapid heart beat, muscle tremors, weight loss, anxiety, or irritability. Other signs are menstrual irregularities, hair loss, heat intolerance, vision problems, and/or an enlarged thyroid. In the elderly, symptoms are often subtle. "Weight loss and muscle weakness might be the only symptoms," says Dr. Wood.

Graves' disease sometimes is accompanied by eye problems, caused by antibodies that attack tissue behind the eyes. Burning, dryness, and double vision can result. Sometimes, the tissues swell, causing the eyes to bulge.

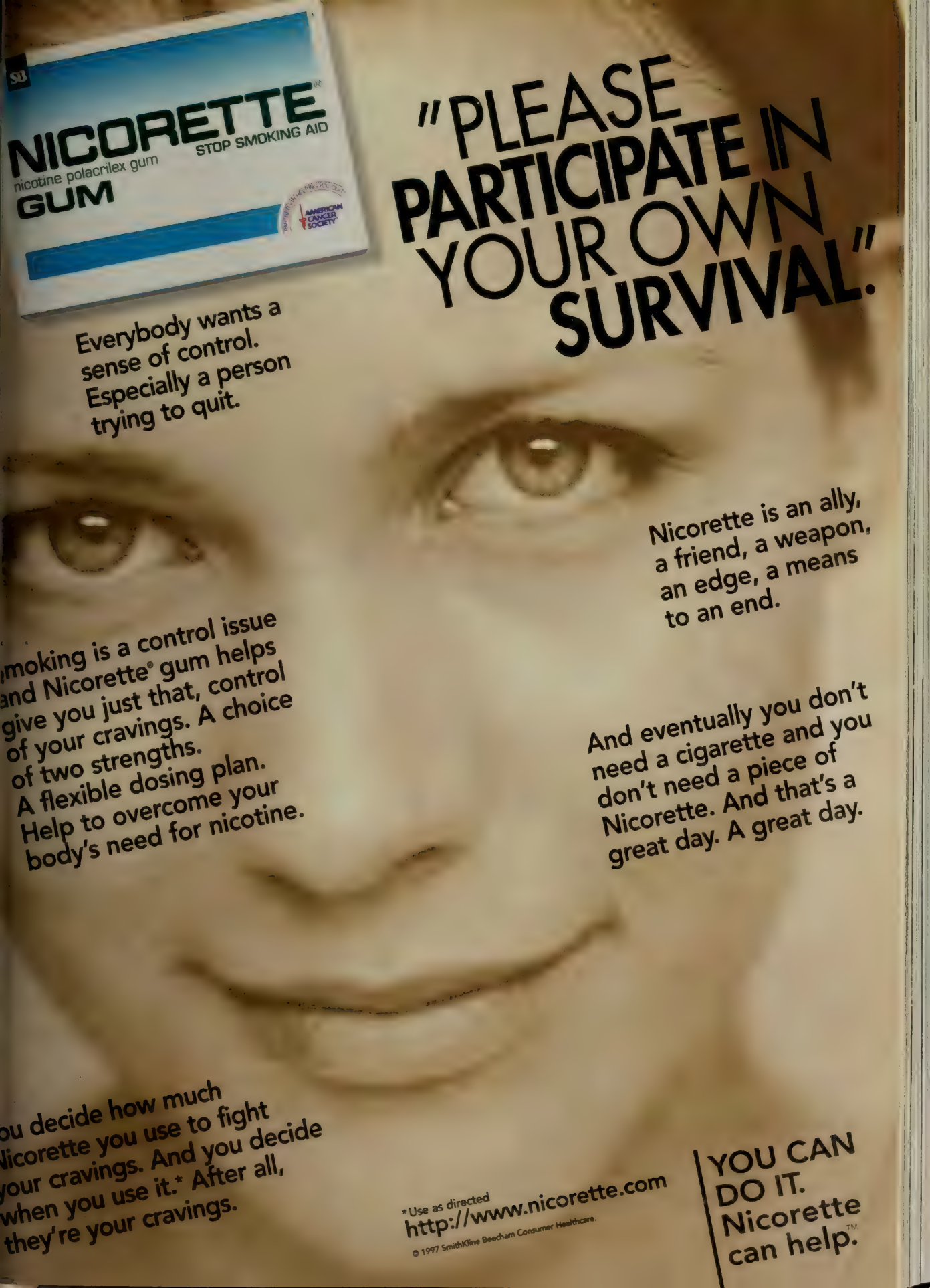
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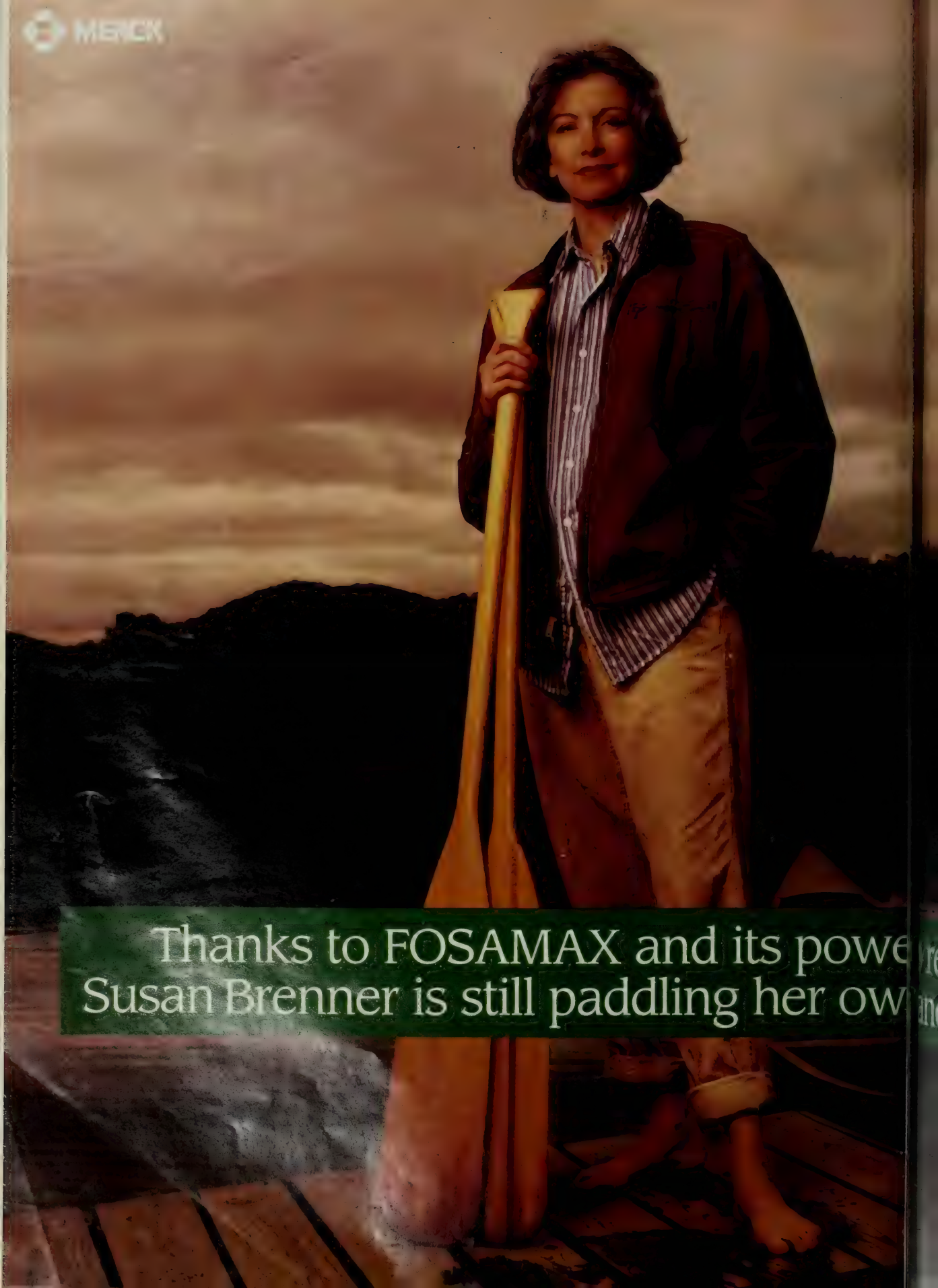
STICK YOUR NECK OUT

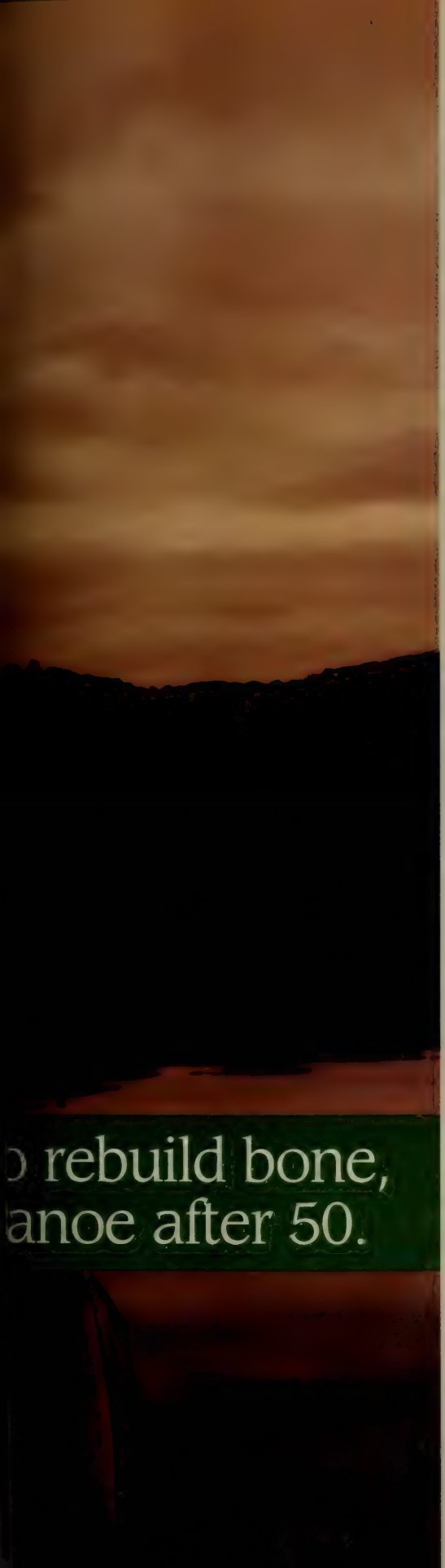
A new, simple self-exam can help detect thyroid cancer. The test, created by the American Association of Clinical Endocrinologists, detects a nodule, a lump in the thyroid gland, or a goiter, an enlarged gland. To take the test, you'll need a handheld mirror and a glass of water.



1. Holding the mirror in your hand, look at the area of your neck where your thyroid gland is located—just below the Adam's apple and immediately above the collarbone.
2. Tip your head back.
3. Take a drink of water and swallow.
4. As you swallow, look at your neck and check for any bulges or protrusions. (Don't confuse your thyroid for your Adam's apple.) Repeat the process several times.
5. If you notice any bulges or protrusions, call your doctor immediately.


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Thanks to FOSAMAX and its powe
Susan Brenner is still paddling her ow



FOSAMAX is the first non-hormonal treatment for postmenopausal osteoporosis proven to rebuild bone. So bones are less likely to fracture.

After menopause, Susan's doctor cautioned her that most women's bones begin to become thinner and weaker at that time. That can lead to osteoporosis, a problem you can have and not know it.

At first, he explained, the disease is silent. Many women find out they have it after breaking a bone.

And he explained that while the calcium Susan's been taking is important for osteoporosis, *calcium can't totally stop bone loss or rebuild bone after menopause.*

Susan's doctor evaluated her condition and the results of a simple, painless test, and determined that she did have osteoporosis.

So he prescribed FOSAMAX. The breakthrough treatment that's completely non-hormonal and can truly rebuild bone in most women.

See your doctor or other healthcare professional. And if it's determined that you do have osteoporosis, ask if FOSAMAX is right for you.

It should be used with caution if you have certain stomach or digestive problems, and should not be used if you have certain disorders of the esophagus (the tube that connects your mouth with your stomach), are unable to stand or sit upright for at least 30 minutes or have severe kidney disease, low levels of calcium in your blood, or are pregnant or nursing.

Like all prescription drugs, FOSAMAX may cause side effects. Side effects usually have been mild. They generally have not caused patients to stop taking FOSAMAX. However, some patients may develop severe digestive reactions including irritation, inflammation, or ulceration of the esophagus.

But if you're like most women with osteoporosis, you'll find that FOSAMAX is a unique and powerful way to help build back the strength of your bones. And your ability to lead the active life you love.

Ask your doctor and call
1 800 214-7005 for information.

The power
to rebuild bone.

FOSAMAX®
(alendronate sodium tablets)

Please see Patient Information on next page and discuss it with your doctor.

971361(1)(003)-FOS

FOSAMAX® (alendronate sodium tablets)
Patient Information about
FOSAMAX® (FOSS-ah-max) for Osteoporosis
Generic name: alendronate sodium (a-LEN-dro-nate)

Please read this information before you start taking FOSAMAX. Also, read the Patient Information leaflet each time you renew your prescription, just in case anything has changed. Remember, the leaflet does not take the place of careful discussions with your doctor. You and your doctor should discuss FOSAMAX when you start taking your medication and at regular checkups.

How should I take FOSAMAX?

These are the important things you must do to help make sure you will benefit from FOSAMAX:

1. **After getting up for the day, swallow your FOSAMAX tablet with a full glass (6-8 oz.) of plain water only.**
   Not mineral water
   Not coffee or tea
   Not juice
2. **After swallowing your FOSAMAX tablet do not lie down — stay fully upright (sitting or standing) for at least 30 minutes and until after your first food of the day. Do not chew or suck on a tablet of FOSAMAX.**
3. **Do not take FOSAMAX at bedtime or before getting up for the day.**

   The above actions will help the FOSAMAX tablet reach your stomach quickly and help avoid irritation of your esophagus (the tube that connects your mouth with your stomach).
4. **After swallowing your FOSAMAX tablet, wait at least 30 minutes before taking your first food, beverage, or other medication of the day,** including antacids, calcium supplements and vitamins. FOSAMAX is effective only if taken when your stomach is empty.
5. **If you develop difficulty or pain upon swallowing, chest pain, or new or worsening heartburn, stop taking FOSAMAX and call your doctor.**
6. Take FOSAMAX once a day, every day.
7. It is important that you continue taking FOSAMAX for as long as your doctor prescribes it. FOSAMAX can treat your osteoporosis only if you continue to take it.
8. If you miss a dose do not take it later in the day. Continue your usual schedule of 1 tablet once a day the next morning.

What is FOSAMAX?

FOSAMAX is for the treatment of osteoporosis (thinning of bone) in women after menopause. You will find more information about osteoporosis at the end of the leaflet.

How does FOSAMAX work?

FOSAMAX works by:

- Reducing the activity of the cells that cause bone loss
- Decreasing the faster rate of bone loss that occurs after menopause
- Increasing the amount of bone in most patients

These effects are seen as soon as three months after therapy with FOSAMAX has begun. These effects continue as long as you keep taking FOSAMAX. The density of bone increases and the bone is less likely to fracture. Thus, FOSAMAX reverses the progression of osteoporosis.

Who should not take FOSAMAX?

Patients with:

- Certain disorders of the esophagus (the tube that connects your mouth with your stomach)
- Inability to stand or sit upright for at least 30 minutes
- Low levels of calcium in their blood
- Severe kidney disease
- Allergy to FOSAMAX

Patients who are:

- Pregnant or Nursing

FOSAMAX is for use by women after menopause. If you are pregnant or nursing, you should not be taking FOSAMAX. Talk to your doctor.

What other medical problems should I discuss with my doctor?

Talk to your doctor about any:

- Problems with swallowing
- Stomach or digestive problems
- Other medical problems you have or have had in the past

MERCK

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What are the possible side effects of FOSAMAX® (alendronate sodium tablets)?

Like all prescription drugs, FOSAMAX may cause side effects. Side effects usually have been mild. They generally have not caused patients to stop taking FOSAMAX. However, some patients may develop severe digestive reactions including irritation, inflammation or ulceration of the esophagus (the tube that connects your mouth with your stomach). These reactions can cause chest pain, heartburn or difficulty or pain upon swallowing. This may occur especially if patients do not drink a full glass of water with FOSAMAX and/or if they lie down in less than 30 minutes and before their first food of the day. Esophageal reactions may worsen if patients continue to take FOSAMAX after developing symptoms suggesting irritation of the esophagus.

Some patients treated with FOSAMAX experienced abdominal (stomach) pain, which was the most commonly reported side effect. Less frequently reported were other digestive disturbances such as:

Nausea, heartburn, irritation or pain of the esophagus (the tube that connects your mouth with your stomach), vomiting, difficulty swallowing, a full or bloated feeling in the stomach, constipation, diarrhea and gas.

Rarely stomach or other peptic ulcers (some severe) have occurred, but it is not known whether these were caused by treatment with FOSAMAX.

Bone, muscle or joint pain, headache, or an altered sense of taste were also experienced by some patients. Rarely, a rash has occurred. Allergic reactions such as hives or, rarely, swelling of the face, lips, tongue and/or throat which may cause difficulty in breathing or swallowing have also been reported. Mouth ulcers have occurred when the tablet was chewed or dissolved in the mouth.

Anytime you have a medical problem you think may be related to FOSAMAX, talk to your doctor.

What should I know about osteoporosis?

Normally your bones are being rebuilt all the time. First, old bone is removed (resorbed). Then new bone is formed. This balanced process of resorbing and forming bone keeps your skeleton healthy and strong.

Osteoporosis is a thinning and weakening of the bones. It is common in women after menopause. Menopause happens when the ovaries stop producing the female hormone, estrogen, or are removed (which may occur, for example, at the time of a hysterectomy). After menopause, bone is removed faster than it is formed, so bone loss occurs and bones become weaker.

At the start osteoporosis usually has no symptoms, but it can result in fractures (broken bones). Fractures usually cause pain. Fractures of the bones of the spine may not be painful, but over time they cause height loss. Eventually the spine becomes curved and the body becomes bent over. Fractures may happen during normal, everyday activity, such as lifting, or from minor injury that would normally not cause bone to break. Fractures most often occur at the hip, spine, or wrist. This can lead to pain, severe disability, or loss of mobility.

How can osteoporosis in postmenopausal women be treated?

- **Medication.** Your doctor may prescribe FOSAMAX.
- **Lifestyle changes.** In addition to FOSAMAX, your doctor may recommend one or more of the following lifestyle changes:
  - **Stop smoking.** Smoking appears to increase the risk of osteoporosis.
  - **Reduce the use of alcohol.** Too much alcohol appears to increase the risk of osteoporosis and injuries that may cause fractures.
  - **Exercise regularly.** Like muscles, bones need exercise to stay strong and healthy. Exercise must be safe to prevent injuries including fractures. You should consult your doctor before you begin any exercise program.
  - **Eat a balanced diet.** Adequate dietary calcium is important to patients with osteoporosis. Your doctor can advise you whether you need to change your diet or take any dietary supplements such as calcium or vitamin D.

This medication is prescribed for a particular condition. Do not use it for another condition or give the drug to others. Keep FOSAMAX and all medicines out of the reach of children. If you suspect that more than the prescribed dose of this medicine has been taken, drink a full glass of milk and contact your local poison control center or emergency room immediately. Do not induce vomiting. Do not lie down.

This leaflet provides a summary of information about FOSAMAX. If you have any questions or concerns about either FOSAMAX or osteoporosis, talk to your doctor. In addition, talk to your pharmacist or other healthcare provider.

MERCK & CO., INC.
Issued November 1996
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FOSAMAX®
(alendronate sodium tablets)

971361(1)(003)-FOS

Your Thyroid

continued from page 88

Doctors use the TSH blood test to diagnose hyperthyroidism, then may follow up with tests that directly measure thyroid hormone to assess the severity of the problem.

Treating hyperthyroidism. Two common treatment options are radioactive iodine therapy and medication. Surgery is a third choice but is rarely done in the U.S. It is reserved for the few patients who aren't suitable candidates for the first two, says David Cooper, M.D., director of the Thyroid Clinic at Johns Hopkins University.

Antithyroid medications, such as methimazole and propylthiouricil, block hormone production. These drugs can deliver relief within weeks or a few months. Usually, they are taken for one year or longer then discontinued. In about 30 percent of cases, the condition goes into remission and drug therapy is stopped, says Dr. Cooper.

These medications, however, sometimes cause unpleasant side effects, such as rashes and liver problems. Radioiodine therapy has emerged as the most common treatment. Taken in the form of a drink or a pill, radioactive iodine collects in the thyroid, where it irradiates cells and disables the gland. The iodine is quickly excreted and doesn't harm other organs, says Dr. Cooper.

Thyroid cancer. An estimated 30 million Americans have a lump in their thyroid called a nodule. Most nodules are harmless, but in 5 to 10 percent of cases, these growths are cancerous, says Dr. Feld.

The causes of thyroid cancer are unclear, but people who've had X-ray treatment to their thymus gland as children are at higher risk.

Diagnosis for thyroid cancer is done by fine needle aspiration biopsy. A doctor inserts a needle into the nodule to extract a tissue sample. Fortunately, treatment has a high success rate.



The first call a cancer patient makes should be to Cancer Treatment Centers of America™

Vickie Girard,
former cancer patient

I was having trouble getting the kind of care that I wanted. Then I found out about Cancer Treatment Centers of America™. I went to one of their hospitals and was amazed at what I found there.

Doctors who took time to listen to me. Advanced medical treatment supported with nutrition-- diet planning, and vitamin and mineral supplements.

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No case is typical. You should not expect to experience these results.

Fat: How Low Should You Go?



by David Feder, R.D.

Rachel R. reads labels religiously, eats dry toast, and never has dessert. She carries a calculator in her pocketbook to compute fat grams and the percentage of calories from fat for every bite she puts in her mouth, and if she goes over her self-allotted amount of fat before the end of the day, she stops eating and suffers through. For each meal, she focuses more on calculating numbers than enjoying her food. Her mealtimes are more stress than pleasure.

Before she began meticulously watching what she ate and aggressively restricting her fat intake three years ago, Rachel weighed 130 pounds—exactly in the center of the accepted range for her 5' 6" height. Her blood cholesterol levels were right at 200 mg. Today, she weighs 125 pounds and her cholesterol hovers around 195 mg. Yes, Rachel is healthy, but the way she eats creates a level of stress in her life which is overwhelming.

You Don't Have to Count Every Fat Gram

Most health professionals agree that we Americans are still eating too much fat (about 34 percent of our total calorie intake). Dietary fat is important, but fear of eating fat has become nothing less than a cultural phobia.

Fat need not be a "four-letter word." An essential nutrient, dietary fat is needed for the covering on our nerves; transportation of certain vitamins; and the structure of our cells. So what amount of fat should worry us? How much is too much and how low should we go?

30 percent, or 20 percent?

To lower risk of heart disease, the American Dietetic Association and the United States Department of Agriculture (USDA), through their dietary guidelines, recommend 30 percent of your total daily calories come from fat. That's about 67 grams fat in a 2000-calorie-a-day diet—or the equivalent of less than 5 tablespoons of oil.

continued on page 96



® Kraft Foods, Inc., Crystal Light low calorie soft drink mix. Artificially flavored.

Fat: How Low?

continued from page 94

But some health and fitness experts, pointing to the epidemic of heart disease and diabetes in our country, recommend 20 percent or less, or 44 grams fat in a 2000-calorie day.

Who's right? Both (30 percent and 20 percent) are good targets for their own reasons (see *below*). However, the numbers are only that: targets to aim for, not absolutes. The three things that matter most when focusing on your fat intake are how healthy you are, the total number of fat calories you eat over time, and what your activity level is.



You don't have to bend over backwards doing the fat count limbo every time you eat if you are a healthy adult within the recommended weight range for your height.

The Relaxed Approach

Mealtimes are meant for crunching food, not numbers, so here's the "skinny": The 30 percent target ought to suit you fine if you:

- are moderately active (exercising a half-hour or more every day)
- have no diagnosed health problems
- have normal blood cholesterol (200 mg or less), and
- have normal triglyceride levels (less than 150 mg).

It's also OK to enjoy the occasional piece of cheesecake. There's no need to stress on numbers—you can hit your target easily by following the USDA Food Guide Pyramid and eating a wide variety of foods, including fruits, vegetables, grains, and lean meats.

Rachel is a moderately active woman who eats a variety of foods and has normal levels of cholesterol and triglycerides. She doesn't have to read labels with a magnifying glass, be a slave to fat gram equations, or bring a calculator to the table to eat healthfully. If you are in the same shape as Rachel is, neither do you.

In other words—and regardless of outside pressure—if you're active, healthy, and within normal weight limits for your height, you may not gain significant health benefit by rigorously following a strict, ultra-low-fat diet.

More and more research indicates that dietary fat has less of an adverse effect on active people with normal blood cholesterol than was previously believed. Some studies have gone so far as to suggest that, for some inactive people, a diet too low in fat could be detrimental. In the absence of fat, the body uses carbohydrates to make fat, which may lead to a rise in blood cholesterol.

Who Should Eat More Lean?

Fat intake has been linked to diseases such as diabetes, and breast, colon, and other cancers. Those at high risk for these or other diseases may want to lower the fat in their diet to 20 percent. Persons with diagnosed cardiovascular problems—including high cholesterol and triglycerides—benefit from a 20 percent fat diet. Also, if you have cirrhosis or other liver disease, your doctor may place you on a specialized low-fat diet.

But making that jump from 30 percent to 20 percent means dropping only around 23 grams of fat a day. In a 2000-calorie per day diet, that comes out to less than the equivalent of 2 tablespoons of oil or butter.

A Question of Balance

The idea of balance—especially where it concerns diet—is that you allow for differences over time. An average of 30 percent calories from fat means some foods, or even whole days, can have more. And some can have less.

For example, let's say you have a day where lunch is a cheeseburger and fries, and you can't keep your spoon out of the ice cream carton; you end the day with nearly half your calories having come from fat.

The following day you eat a salad for lunch, steamed chicken breast and veggies for dinner, and an apple for dessert—under 20 percent of calories from fat. The two-day average is 30 percent. If at the end of the week your total fat intake is around 30 percent, you're doing fine. Again, the key is how the overall picture averages out.

Separating Fat from Calories

Cutting fat, yet increasing calories—say, eating twice as many cookies as usual because they're fat-free—makes you gain weight. Studies show that this is precisely what happens when fat-bearing foods are "oversubstituted" with their fat-free versions. Putting more calories in your body—whether from fat, carbohydrates, or protein—than you use up with activity leads to weight gain.

Stay Active

As mentioned, fat plays a role in diseases other than heart disease, so eating less fat may still be a helpful preventive. But activity is vital: 30 minutes or more of exercise each day can do more to reduce disease risk than dropping fat intake by a few percentage points.

DISCOVER BREAKTHROUGH MIGRAINE RELIEF THAT LETS YOU STAY ALERT AND ACTIVE

IMITREX® (sumatriptan succinate) TABLETS RELIEVE MIGRAINE PAIN, NAUSEA, EVEN SENSITIVITY TO LIGHT... WITHOUT DROWSY SIDE EFFECTS.



UNIQUE MIGRAINE RELIEF AVAILABLE ONLY FROM IMITREX

IMITREX Tablets were created specifically for the acute treatment of migraine attacks. They not only relieve the pain but also the nausea and sensitivity to light that often accompany migraine. What's more, this unique prescription medicine is effective even if you take it when your migraine is at its worst.

LETS YOU GET BACK TO YOUR LIFE

Because IMITREX is not a narcotic or barbiturate, it won't interfere with your ability to function. IMITREX stops your migraine without stopping you.

MOST PRESCRIBED MIGRAINE MEDICINE IN THE U.S.[1]

IMITREX Tablets have been prescribed for millions of migraine attacks in the U.S. and worldwide.[1]

IS IMITREX RIGHT FOR YOU?

IMITREX is appropriate for many migraine sufferers, but only your doctor or other health care provider can decide if IMITREX is right for you. You should not take IMITREX if you have certain types of heart disease, blood pressure that is uncontrolled, or are allergic to this medication. If you have risk factors for heart disease, such as high blood pressure, high cholesterol, diabetes, or are a smoker, you need to be evaluated by your doctor before taking IMITREX. Very rarely, people with undiagnosed heart disease have had serious heart-related problems when taking IMITREX.

If you are pregnant, nursing, or thinking about becoming pregnant, talk to your doctor. If your headaches are not migraines, IMITREX is not for you.

The most frequently seen side effects are tingling and nasal discomfort.

1. Source: Physician Drug and Diagnosis Audit (PDDA). August 1995 - July 1996. Scott-Levin, a subsidiary of PMSI.

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You'll receive free...a highly informative brochure to help you better understand migraine, valuable physician-visit preparation material, and a subscription to a comprehensive newsletter specially written for migraine sufferers.

IMITREX SUMATRIPTAN SUCCINATE

Visit our new website: **www.migrainehelp.com**

Please see the important information on the following page.

GlaxoWellcome

BRIEF SUMMARY

IMITREX® (sumatriptan succinate) Tablets

The following is a brief summary only; see full prescribing information for complete product information.

CONTRAINDICATIONS: Because of rare reports of coronary vasospasm, IMITREX Tablets should not be given to patients with ischemic heart disease (angina pectoris, history of myocardial infarction, or documented silent ischemia) or to patients with Prinzmetal's angina. Also, patients with symptoms or signs consistent with ischemic heart disease should not receive IMITREX Tablets. Because IMITREX Tablets can give rise to increases in blood pressure (usually small), they should not be given to patients with uncontrolled hypertension.

Concurrent administration of monoamine oxidase (MAO) inhibitors or use within 2 weeks of discontinuation of MAO inhibitor therapy is contraindicated (see CLINICAL PHARMACOLOGY: Drug Interactions section of full prescribing information and PRECAUTIONS: Drug Interactions).

IMITREX Tablets should not be used within 24 hours of an ergotamine-containing or ergot-type medication like dihydroergotamine or methysergide.

IMITREX Tablets are contraindicated in patients with hypersensitivity to sumatriptan or any of the ingredients.

WARNINGS: IMITREX Tablets should only be used where a clear diagnosis of migraine has been established.

IMITREX Tablets should not be administered to patients with basilar or hemiplegic migraine.

Hypersensitivity (anaphylaxis/anaphylactoid) reactions have occurred on rare occasions in patients receiving sumatriptan. Such reactions can be life threatening or fatal. In general, hypersensitivity reactions to drugs are more likely to occur in individuals with a history of sensitivity to multiple allergens.

Cardiac Events/Coronary Constriction: Serious coronary events, including some that have been fatal, following IMITREX Tablets have occurred but are extremely rare. Although it is not clear how many of these can be attributed to IMITREX, because of their potential to cause coronary vasospasm, IMITREX Tablets should not be given to patients in whom unrecognized coronary artery disease (CAD) is likely without a prior evaluation for underlying cardiovascular disease. Such patients include postmenopausal women, males over 40, and patients with other risk factors for CAD such as hypertension, hypercholesterolemia, obesity, diabetes, smokers, and strong family history. Following a satisfactory cardiovascular assessment, it is recommended that the first dose of IMITREX Tablets be given in the physician's office for patients with underlying risk factors for CAD unless these patients have previously received sumatriptan. If symptoms consistent with angina occur, electrocardiographic (ECG) evaluation should be carried out to look for ischemic changes.

Sumatriptan may cause coronary vasospasm in patients with a history of CAD, who are known to be more susceptible than others to coronary artery vasospasm, and, rarely, in patients without prior history suggestive of CAD. Of 6,348 patients in clinical trials of oral sumatriptan, two experienced clinical adverse events shortly after receiving oral sumatriptan that may have reflected coronary vasospasm. Neither of these adverse events was associated with a serious clinical outcome.

There have been rare reports from countries where IMITREX Tablets are already on the market of serious adverse events, including myocardial infarction, ECG changes suggestive of myocardial ischemia, and symptoms consistent with angina pectoris.

Drug-Associated Fatalities: In extensive worldwide postmarketing experience, deaths have been reported following the use of IMITREX Tablets. In most cases, the deaths occurring after treatment with IMITREX Tablets occurred well after sumatriptan use (i.e., 3 or more hours postdose) and probably reflect underlying disease and spontaneous events.

There have, however, been several fatalities that occurred within a few hours after the use of sumatriptan. The specific contribution of sumatriptan to most of these deaths cannot be determined, but in one case with IMITREX® (sumatriptan succinate) Injection, a 41-year-old woman with a 6-day history of unilateral headache, uncertain history of cardiovascular disease with known risk factors (positive family history, postmenopausal woman, and smoking) and a history of asthma and codeine allergy, experienced nausea, vomiting, a sense of warmth, chest pressure, and sweating within 7 minutes of dosing. This was followed by hypotension at about one-half hour, and ventricular tachycardia/ventricular fibrillation leading to death. In most other cases, death was attributed to myocardial infarctions occurring hours after drug administration.

Deaths attributed to strokes, cerebral hemorrhage, and other cerebrovascular events have also been reported in patients treated with oral and subcutaneous sumatriptan. In many cases, it appears possible that the cerebrovascular events were primary, sumatriptan having been administered in the incorrect belief that the symptoms experienced were migrainous in origin when they were not. Accordingly, it is important to advise patients not to administer sumatriptan if a headache being experienced is atypical.

Use in Women of Childbearing Potential: (see PRECAUTIONS).

PRECAUTIONS:

General: Atypical sensations over the precordium (tightness, pressure, heaviness) have been reported after IMITREX Tablets, out have only rarely been associated with ischemic ECG changes. However, because sumatriptan may cause coronary artery vasospasm, patients who experience signs or symptoms suggestive of angina following sumatriptan should be evaluated for the presence of CAD or a predisposition to Prinzmetal's variant angina before receiving additional doses of sumatriptan (see WARNINGS). Similarly, patients who experience other symptoms or signs suggestive of decreased arterial flow (such as ischemic abdominal syndromes or Raynaud's syndrome) following sumatriptan should be evaluated for atherosclerosis or predisposition to vasospasm.

Sumatriptan may cause mild, transient elevation of blood pressure (see CLINICAL PHARMACOLOGY section of full prescribing information).

IMITREX Tablets should also be administered with caution to patients with impaired hepatic function (see CLINICAL PHARMACOLOGY and DOSAGE AND ADMINISTRATION sections of full prescribing information).

There have been rare reports of seizure following administration of sumatriptan.

As with other acute migraine therapies, before treating headaches in patients not previously diagnosed as migraineurs and in migraineurs who present with atypical symptoms, care should be taken to exclude other potentially serious neurological conditions. There have been rare reports where patients received sumatriptan for severe headaches that were subsequently shown to have been secondary to an evolving neurological lesion (cerebrovascular accident, subarachnoid hemorrhage). For a given attack, if a patient has no response to the first dose, the diagnosis of migraine should be reconsidered before administration of a second dose. In this regard, it should be noted that migraineurs may be at increased risk of certain cerebrovascular events (e.g., cerebrovascular accident, transient ischemic attack).

Binding to Melanin-Containing Tissues: Because sumatriptan binds to melanin, it could accumulate in melanin-rich tissues (such as the eye) over time. This raises the possibility that sumatriptan could cause toxicity in these tissues after extended use. However, no effects on the retina related to treatment with sumatriptan were noted in any of the toxicity studies. Although no systematic monitoring of ophthalmologic function was undertaken in clinical trials, and no specific recommendations for ophthalmologic monitoring are offered, prescribers should be aware of the possibility of long-term ophthalmologic effects (see CLINICAL PHARMACOLOGY section of full prescribing information).

Corneal Opacities: Sumatriptan causes corneal opacities and defects in the corneal epithelium in dogs; this raises the possibility that these changes may occur in humans. While patients were not systematically evaluated for these changes in clinical trials, and no specific recommendations for monitoring are being offered, prescribers should be aware of the possibility of these changes (see CLINICAL PHARMACOLOGY section of full prescribing information).

Information for Patients: See PATIENT INFORMATION at the end of the full prescribing information for the text of the separate leaflet provided for patients.

Laboratory Tests: No specific laboratory tests are recommended for monitoring patients prior to and/or after treatment with IMITREX Tablets.

Drug Interactions:

Note: The combined use of oral sumatriptan and MAO inhibitors is contraindicated (see CONTRAINDICATIONS).

There is no evidence that concomitant use of migraine prophylactic medications has any effect on the efficacy or unwanted effects of sumatriptan. In controlled trials, a retrospective analysis compared 199 patients who had been using IMITREX Tablets and prophylactic drugs (calcium channel blockers, n=76; tricyclic antidepressants, n=43; beta blockers, n=70) to those who had not used prophylaxis (n=1,220). There were no differences in overall adverse event rates between the two groups.

Ergot-containing drugs have been reported to cause prolonged vasospastic reactions. Because there is a theoretical basis that these effects may be additive, use of ergot-containing or ergot-type medications (like dihydroergotamine or methysergide) and sumatriptan within 24 hours of each other should be avoided (see CONTRAINDICATIONS).

Propranolol: Pretreatment with propranolol 80 mg twice daily for 7 days had no effect on the pharmacokinetics, blood pressure, or pulse rate of oral sumatriptan administered as a single 300-mg dose.

Alcohol: Alcohol consumed 30 minutes prior to sumatriptan ingestion had no effect on the pharmacokinetics of sumatriptan.

Drug/Laboratory Test Interactions: IMITREX Tablets are not known to interfere with commonly employed clinical laboratory tests.

Carcinogenesis, Mutagenesis, Impairment of Fertility: In carcinogenicity studies, rats and mice were given sumatriptan by oral gavage (rats, 104 weeks) or in drinking water (mice, 78 weeks). Average exposures achieved in mice receiving the highest dose were approximately 40 times the exposure attained in humans after the maximum recommended single dose of 100 mg. The highest dose to rats was approximately 15 times the maximum single human dose of 100 mg on a mg/m^2 basis. There was no evidence of an increase in tumors in either species related to sumatriptan administration.

Sumatriptan was not mutagenic in the presence or absence of metabolic activation when tested in two gene mutation assays (the Ames test and the in vitro mammalian Chinese hamster V79/HGPRT assay). In two cytogenetics assays (the in vitro human lymphocyte assay and the in vivo rat micronucleus assay) sumatriptan was not associated with clastogenic activity.

In a study in which male and female rats were dosed daily with oral sumatriptan prior to and throughout the mating period, there was a treatment-related decrease in fertility secondary to a decrease in mating in animals treated with 50 and 500 mg/kg per day. The no-effect dose for this finding was approximately one half of the maximum recommended single human dose of 100 mg on a mg/m^2 basis. It is not clear whether the problem is associated with treatment of the males or females or both combined.

Pregnancy: ***Pregnancy Category C.*** In reproductive toxicity studies in rats and rabbits, oral treatment with sumatriptan was associated with embryolethality, fetal abnormalities, and pup mortality. There is no evidence that establishes that sumatriptan is a human teratogen; however, there are no adequate and well-controlled studies in pregnant women. IMITREX Tablets should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. In assessing this information, the following findings should be considered.

Embryolethality: When given orally to pregnant rabbits daily throughout the period of organogenesis, sumatriptan caused embryolethality only at a dose that clearly resulted in maternal toxicity, 100 mg/kg per day. The no-effect dose for embryolethality was 50 mg/kg per day, which is approximately nine times the maximum single human dose of 100 mg on a mg/m^2 basis.

Teratogenicity: A study in which rats were dosed daily with oral sumatriptan prior to and throughout gestation demonstrated fetal toxicity and a small increased incidence of a syndrome of malformations (short tail/short body and vertebral disorganization) after long-term treatment with 500 mg/kg per day. The no-effect dose for this effect was 50 mg/kg per day, approximately five times the maximum single human dose of 100 mg on a mg/m^2 basis.

Oral treatment of pregnant rats with sumatriptan during the period of organogenesis resulted in an increased incidence of blood vessel abnormalities (cervicothoracic and umbilical) at doses of approximately 250 mg/kg per day or higher. The no-effect dose for this was approximately 60 mg/kg per day, approximately six times the maximum single human dose of 100 mg on a mg/m^2 basis.

Oral treatment of pregnant rabbits with sumatriptan during the period of organogenesis resulted in an increased incidence of cervicothoracic vascular and skeletal abnormalities. The highest no-effect dose established for these effects was 15 mg/kg per day, approximately three times the human dose of 100 mg on a mg/m^2 basis.

To monitor fetal outcomes of pregnant women exposed to IMITREX, Glaxo Wellcome Inc. maintains a Sumatriptan Pregnancy Registry. Physicians are encouraged to register patients by calling (800) 722-9292, ext. 39441.

Pup Deaths: Oral treatment of pregnant rats with sumatriptan during the period of organogenesis resulted in a decrease in pup survival between birth and postnatal day 4 at doses of approximately 250 mg/kg per day or higher. The no-effect dose for this effect was approximately 60 mg/kg per day, or six times the human dose of 100 mg on a mg/m^2 basis.

Oral treatment of pregnant rats with sumatriptan from gestational day 17 through postnatal day 21 demonstrated a decrease in pup survival measured at postnatal days 2, 4, and 20 at the dose of 1,000 mg/kg per day. The no-effect dose for this finding was 100 mg/kg per day, approximately 10 times the human dose of 100 mg on a mg/m^2 basis.

Nursing Mothers: Sumatriptan is excreted in human breast milk. Therefore, caution should be exercised when considering the administration of IMITREX Tablets to nursing women.

Pediatric Use: Safety and effectiveness of IMITREX Tablets in pediatric patients have not been established.

Use in the Elderly: The safety and effectiveness of IMITREX Tablets in individuals over age 65 have not been systematically evaluated, but the pharmacokinetic disposition of IMITREX Tablets in the elderly is similar to that seen in younger adults.

ADVERSE REACTIONS: (see also PRECAUTIONS) Sumatriptan may cause coronary vasospasm in patients with a history of CAD, known to be susceptible to coronary artery vasospasm, and, very rarely, without prior history suggestive of CAD.

There have been rare reports from countries in which IMITREX Tablets have been marketed of serious and/or life-threatening arrhythmias including atrial fibrillation, ventricular fibrillation, ventricular tachycardia; myocardial infarction; ECG changes suggestive of myocardial ischemia; and symptoms consistent with angina pectoris after oral sumatriptan. Chest discomfort, when it occurs, is usually noncardiac in origin.

Other untoward clinical events associated with the use of IMITREX Tablets are: warm/hot sensations, tingling/paresthesia, pressure sensations, flushing, sensations of heaviness, chest symptoms (tightness and sensations of heaviness), dizziness/vertigo, bad taste in mouth, weakness, myalgias, neck stiffness; all these untoward effects are transient, although they may be severe in occasional patients.

Incidence in Controlled Clinical Trials: The following table lists adverse events that occurred in two large US placebo-controlled clinical trials. Only events that occurred at a frequency of 1% or more in the IMITREX Tablets 100-mg group and that occurred more frequently in that group than the placebo group are included in the following table.

Treatment-Emergent Adverse Events in Controlled US Clinical Trials Reported by at Least 1% of Patients With Migraine*

	Percent of Patients Reporting			
Adverse Event Type	Placebo (n=112)	IMITREX® 25 mg (n=114)	IMITREX 50 mg (n=108)	IMITREX 100 mg (n=112)
Atypical sensations				
Feeling of heaviness	<1	<1	<1	2
Feeling of tightness	0	<1	2	2
Pressure sensation	0	<1	2	2
Tingling	4	8	4	5
Warm/hot sensation	<1	2	3	3
Cardiovascular				
Flushing	<1	0	4	2
Palpitations	<1	0	<1	2
Ear, nose, and throat				
Discomfort: nasal	4	5	5	7
Eye				
Irritation of eye(s)	0	0	0	2
Visual disturbance	<1	0	<1	3
Musculoskeletal				
Weakness	0	2	<1	2
Neurological				
Agitation	0	0	0	2
Urogenital				
Dysuria	<1	0	0	2

*Events that occurred at a frequency of 1% or more in the IMITREX Tablets 10[0] group and that occurred more frequently in that group than the placebo group.

Other events that occurred at least as often on placebo as in the 100-mg dose g[roup] included abdominal discomfort, mouth or tongue discomfort, neck stiffness, anxiety, disturbance, nausea and/or vomiting, migraine, headache, drowsiness/sedation, ness/vertigo, and malaise/fatigue.

IMITREX Tablets are generally well tolerated. Across all doses, most adverse reac[tions] are mild and transient and do not lead to long-lasting effects. The incidence of ad[verse] events in controlled clinical trials was not affected by gender or age of the patients. [It] was insufficient data to assess the impact of race on the incidence of adverse events.

Other Events Observed in Association With Oral Sumatriptan: In the paragraphs [be]low, the frequencies of less commonly reported adverse clinical events are prese[nted]. Because the reports cite events observed in open and uncontrolled studies, the r[ole] of IMITREX Tablets in their causation cannot be reliably determined. Furthermore, varia[bility] associated with reporting requirements, the terminology used to describe adverse ev[ents], etc., limit the value of quantitative frequency estimates provided.

Event frequencies are calculated as the number of patients reporting an event divid[ed by] the total number of patients (n = 6,348) exposed to oral sumatriptan. All reported even[ts are] included except those already listed in the previous table, those too general to be infor[mative], and those not reasonably associated with the use of the drug. Events are further [clas]sified within body system categories and enumerated in order of decreasing frequ[ency], using the following definitions: frequent adverse events are defined as those occurring [at] least 1/100 patients; infrequent adverse events are those occurring in 1/100 to 1/[1000] patients; rare adverse events are those occurring in fewer than 1/1,000 patients.

Atypical Sensations: Frequent were burning sensation, numbness, paresth[esia]. Infrequent was tight feeling in head. Rare were dysesthesia, hot and cold sensation.

Cardiovascular: Frequent were chest discomfort, chest pressure/heaviness, [or] tightness. Infrequent were arrhythmia, changes in ECG, hypertension, hypotension, [or] pulsating sensations, tachycardia.

Rare were angina, atherosclerosis, bradycardia, cerebral ischemia, cerebrovas[cular] lesion, heart block, peripheral cyanosis, thrombosis, transient myocardial isch[emia], vasodilation.

Ear, Nose, and Throat: Frequent were throat symptoms. Infrequent were hearin[g] disturbances, otalgia. Rare was feeling of fullness in the ear(s).

Endocrine and Metabolic: Infrequent was thirst. Rare were elevated thyrotropin [stim]ulating hormone (TSH) levels, galactorrhea, hyperglycemia, hypoglycemia, hyp[er]thyroidism, polydipsia, weight gain, weight loss.

Eye: Rare were disorders of sclera, mydriasis.

Gastrointestinal: Frequent were diarrhea, gastric symptoms. Infrequent were c[onstipation], dysphagia, gastroesophageal reflux. Rare were gastrointestinal ble[eding], hematemesis, melena, peptic ulcer.

Hematological Disorders: Rare was anemia.

Musculoskeletal: Frequent was myalgia. Infrequent was muscle cramps. Rar[ely] tetany.

Neurological: Frequent were phonophobia, photophobia. Infrequent were confu[sion], depression, difficulty concentrating, disturbance of smell, dysarthria, euphoria, facial heat sensitivity, incoordination, lacrimation, monoplegia, sleep disturbance, shiv[ering], syncope, tremor. Rare were aggressiveness, apathy, bradykinesia, cluster headache, co[nvul]sions, decreased appetite, drug abuse, dystonic reaction, facial paralysis, hallucina[tions], hunger, hyperesthesia, hysteria, increased alertness, memory disturbance, neu[ral] paralysis, personality change, phobia, radiculopathy, rigidity, suicide, twitching.

Respiratory: Frequent was dyspnea. Infrequent was asthma. Rare was hiccough.

Skin: Frequent was sweating. Infrequent were erythema, pruritus, rash[es], tenderness. Rare were dry/scaly skin, tightness of skin, wrinkling of skin.

Breasts: Infrequent was tenderness. Rare was nipple discharge.

Urogenital: Infrequent were dysmenorrhea, increased urination, intermen[strual] bleeding. Rare were abortion, hematuria.

Miscellaneous: Frequent was hypersensitivity. Infrequent were cough, fever, [fluid] retention, overdose. Rare were edema, hematoma, lymphadenopathy, speech [disor]bance, voice disturbances.

Postmarketing Experience: The following are spontaneously reported adverse [events] from postmarketing experience except those events already listed previously in [the] ADVERSE REACTIONS section or those too general to be informative. Because the re[ports] cite events reported spontaneously from worldwide postmarketing experience, frequ[ency] of events and the role of IMITREX Tablets in their causation cannot be reliably determ[ined].

Blood: Pancytopenia, thrombocytopenia.

Cardiovascular: Cardiomyopathy, cerebrovascular accident, ischemic c[olitis], pulmonary embolism, shock, subarachnoid hemorrhage.

Dermatological: Exacerbation of sunburn, photosensitivity.

Ear, Nose, and Throat: Deafness.

Eye: Intraocular disorders, ischemic optic neuropathy, periorbital edema, retinal [vein] occlusion.

Gastrointestinal: Xerostomia.

Hepatic: Disturbances of liver function tests, hepatic impairment.

Hypersensitivity Reactions: Erythema, pruritus, rash, shortness of breath, [and] urticaria. In addition, severe anaphylaxis/anaphylactoid reactions have been reporte[d] (see WARNINGS).

Non-Site Specific: Angioneurotic edema, cyanosis, death (see WARNINGS), tem[poral] arteritis.

Psychiatry: Panic disorder.

Urogenital: Acute renal failure.

DRUG ABUSE AND DEPENDENCE: The abuse potential of IMITREX Tablets can [not be] fully delineated in advance of extensive marketing experience. One clinical study [with] IMITREX® (sumatriptan succinate) Injection enrolling 12 patients with a history o[f drug] stance abuse failed to induce subjective behavior and/or physiologic response or [liking] associated with drugs that have an established potential for abuse.

OVERDOSAGE: Patients (n=670) have received single oral doses of 140 to 300 mg [with]out significant adverse effects. Volunteers (n=174) have received single oral doses [up] to 400 mg without serious adverse events.

No gross overdoses in clinical practice have been reported. Coronary vasospas[m] observed after intravenous administration of sumatriptan (see CONTRAINDICAT[IONS]). Overdoses would be expected from animal data to possibly cause tremor, lethar[gy], hyperthermia of the extremities, abnormal respiration, cyanosis, ataxia, mydriasis, and pa[ralysis]. The elimination half-life of sumatriptan is about 2.5 hours (see CLINICAL PHARMACOLOGY section of full prescribing information), and therefore monitoring of patients after [an] dose with IMITREX Tablets should continue for at least 10 hours or while symptom[s or] signs persist.

It is unknown what effect hemodialysis or peritoneal dialysis has on the serum [con]centrations of sumatriptan.

Glaxo Wellcome

Glaxo Wellcome Inc.
Research Triangle Park, NC 27709

U. S. Patent Nos. 4,816,470 and 5,037,845

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Buying guide
SHOPPING

Most of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, write the manufacturers listed below.

STYLE IN THE MAKING: ONE ARMOIRE FOUR WAYS

Page 25: wardrobe unit, 5501; **drawer inserts,** 5502—S.J. Bailey & Sons, Inc., Mastercraft, P.O. Box 239, Clarks Summit, PA 18411; 800/327-0890. **Wallpaper,** "Lemon Grove" (Cowslip)—Laura Ashley; 800/429-7678. **Yellow paint,** 340—Benjamin Moore; 800/826-2623.

Page 26: wardrobe unit, 5501; drawer inserts, 5502; **optional shelves,** 5502—Mastercraft (address above). **Five-piece bowl set,** 1101; **dinnerware,** "Classic Opus" (White); **teapot,** 1134; **pitchers,** 1133 (set of four); **table linens in bowl,** "Eliot" 5119; 5129—Crate & Barrel; to order by catalog or for a store near you call 888/249-4155. **Cafe canister** (discontinued)—Ballard Designs, 1670 De Foor Ave., NW, Dept. Edit MERCH '97, Atlanta, GA 30318; 800/367-2775. **Blue paint,** 818—Benjamin Moore; 800/826-2623. **Alphabet stencils,** "Simply Stencils by Plaid" 28585—available at arts and craft stores nationwide; for more information write Plaid, BH&G Simply Stencils, P.O. Box 2835, Norcross, GA 30091.

Page 28: wardrobe unit, 5501; **optional shelves,** 5502—S.J. Bailey & Sons, Inc., Mastercraft (address above). **Computer,** "Aptiva"—IBM Consumer Div.; for more information call 800/426-7235, ext. 4340; http://www.ibm.com/aptiva. **Recycled small beige box,** 555165; **recycled large beige box,** 363996; **keyboard tray,** 312565 (Cherry)—Organized Living; 800/862-6556. **Green paint,** 419; **yellow paint,** 341; **pink paint,** 1328—Benjamin Moore; 800/826-2623.

Page 30: wardrobe unit, 5501; **drawer inserts,** 5502; **optional shelves,** 5502—Mastercraft (address above). **20-inch television** and **VCR**—RCA; for a retailer near you call 800/336-1900. **Paint: light cream,** 211; **medium beige,** 234; **dark beige,** 977—Benjamin Moore; 800/826-2623.

GET TACKY

Page 36 (*top*): plaid fabric, "Hildale" (Beige) 20122; **curtain liner fabric,** "Saki" (Cafe) 2110—available at Calico Corners; 800/213-6366. **Wall paint,** "Plaza Suite" SW1183—Sherwin-Williams; for a store near you call 800/474-3794.

Page 38: galvanized wall clock, 2203—Crate & Barrel; for a store near you or to order by catalog call 888/249-4155.

Page 40: wall paint, "Blue Jade" SW1198—Sherwin-Williams; for a store near you call 800/474-3794.

Page 42 (*top*): miranda chair, 1591072; **Santa Fe eight-drawer storage,** 1595629—Pier 1 Imports; 800/447-4371.

Page 44: black Parsons chair, SC045—Ballard Designs, 1670 DeFoor Ave., NW, Dept. Edit MERCH '97, Atlanta, GA 30318-7528; 800/367-2775. **Ventura three-shelf pedestal,** 1580527—Pier 1 Imports; 800/447-4371.

PRETTY PAVING

Page 60 (*top left*): precast concrete grid units, "Turf Block"—RCP Block & Brick Inc., 8246 Broadway, Lemon Grove, CA 91945; 800/794-4727; 800/794-3018.

CHRISTMAS IN JULY

Pages 108-109: Soft and Cuddly Snowman Kit; Littlest Angel Ornaments and Tree Topper Kit, and Jingle Bell Ballerina, Snowman, and Reindeer Kit—Banar Designs, P.O. Box 483, Fallbrook, CA 92088.

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Disney Winnie the Pooh Postage Stamps Incite Collector Stamp-ede!

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The set was issued in a strictly Limited Edition. "This is the first stamp set ever issued in the history of the post office which bears the inscription 'Limited Edition' on the stamps," he added.

Collectors are already predicting that in the near future these stamps will be far more sought after and desirable than the U.S. Elvis stamp, the most popular stamp of all time.

"Over 500 million Elvis stamps have been issued. Compare them to these Winnie the Pooh Limited Editions, and you can see the irresistible appeal that these stamps have to stamp collectors and Disney fans," added Van Emden.

Each of the stamps is about three times the size of a regular U.S. postage stamp. They're legal for postage in Canada and are recognized by every postal authority worldwide.

Gotta have 'em? They are available for a short time at $9.95 (plus $3 p&h) for the complete Limited Edition set of colorful stamps, accompanied by an ICS Certificate of Authenticity. The most you can buy is six sets. Send your check or money order to ICS, 3600 Crondall Lane, Suite 100BGKC, Owings Mills, MD, 21117. Credit card holders may call toll free 1-800-811-8151.

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GARDENER'S ALMANAC

Pages 116-118: Great Expectations hosta—Dutch Gardens, P.O. Box 200, Adelphia, NJ 07710; 800/818-3861; free catalog. Shady Oaks Nursery, 112 10th Ave. SE, Waseca, MN 56093; 800/504-8006; free catalog. Plant Delights Nursery, 9241 Sauls Rd., Raleigh, NC 27603; 919/772-4794; catalog $3.20. **Strawberries**—Miller Nurseries, 5060 W. Lake Rd., Canandaigua, NY 14424; 716/396-2647; free catalog. Stark Bro's Nurseries, P.O. Box 10, Louisiana, MO 63353; 314/754-5511; free catalog. Hartmann's Plantation, 310 60th St., P.O. Box E, Grand Junction, MI 49056; 615/253-4281; free catalog. Edible Landscaping Nursery, P.O. Box 77, Afton, VA 22920; 800/524-4156; free catalog. **Orchids**—Orchids by Hausermann, 2N134 Addison Rd., Villa Park, IL 60181; 630/543-6855; catalog $1. Stewart Orchids, P.O. Box 550, Carpinteria, CA 93014; 800/621-2450; free catalog. Zuma Canyon Orchids, 5949 Bonsall Dr., Malibu, CA 90265; 310/457-9771; catalog $3. R.F. Orchids, 28100 SW. 182 Ave., Homestead, FL 33030; 305/245-4570; free catalog. **Artemisia, perovskia, agapanthus, dahlia**—Wayside Gardens, P.O. Box 1, Hodges, SC 29695; 800/845-1124; free catalog.

DECORATING AT EASE

Page 141: pillow fabrics, (*left*): "Summer Porch Floral"; **(*right*):** "Connor"—Ralph Lauren Home Collection, 1185 Ave. of Americas, New York, NY10036.

Pages 142-143 (*left*): bench, pillow fabrics, and iron hall stand—antique. **Wall paint,** "Rye" 2130; **trim paint,** "Puff Ball" 2133—Pratt & Lambert Paint; for more information call 800/289-7728. **(*Right*): Chinese needlepoint area rug,** 15300—available through designers from Stark Carpet Executive Office, 979 Third Ave., New York, NY 10022; 212/752-9000. **Bamboo chairs**—antique. **Bamboo chair fabric,** "Peach Tree" (Crimson) 167493—Schumacher; for more information

continued on page 100

call 800/332-3384. **Wall paint,** "Sesame" 2129; **trim paint,** "Puff Ball" 2133—Pratt & Lambert Paint; for more information call 800/289-7728. **All other items**—antique or personal belonging.

Pages 144-145 (*left*): wall paint, "Dulce" 2070; **trim paint,** "Pearl Tint" 2262—Pratt & Lambert Paint; for more information call 800/289-7728. **Custom-made corner cupboard**—Berkson Farm, Box 850, Enosburg Falls, VT 05450; 802/933-2522. **Italian painted ceramic table, wrought iron chairs, and all other accessories**—antique or personal belonging. (***Right***): **custom tiles**—Country Floors, 15 E. 16th St., New York, NY 10003; 212/627-8300. **Cabinets**—Old Town Kitchen, 1347 North Sea Rd., Southampton, NY 11968; 516/283-3152. **Custom cabinet finish**—Griffin Painting Inc., 69 Jobs Ln., Southampton, NY 11968; 516/283-3152. **All other items**—antique or personal belonging.

Pages 146-147: floral lounge chair fabric and desk—antique. **Coffee table**—custom-made. **Chinese sea grass area rug**—Stark Carpet (address above). **Checked sofa fabric,** "Carsten Check" (Red/Cream) 63631.01—available through designers from the Brunschwig & Fils Showroom; 212/838-7878.

Pages 148-149 (*top left*): iron bed, bed linens, toss pillow fabric, floral prints—antique or personal belonging. **Custom-made chest of drawers**—Berkson Farm (address above). **Wall paint,** "Platinum" 2043; **trim paint,** "Balsa" 2042—Pratt & Lambert Paint; for more information call 800/289-7728. (***Bottom left***): **Chinese needlepoint area rug,** 12798BY—Stark Carpet (address above). **Curtain fabric,** "Gossamer" (String)—available through designers from Jack Lenor Larsen Showroom; 212/462-1300. **All other items shown**—antique or personal belonging. (***Top right***): **trim paint,** "Ancestral" 1426—Pratt & Lambert Paint; for more information call 800/289-7728. **Blue cupboard and bed**—antique. (***Bottom right***): **striped pillow fabric,** "Mediterranean Stripe"—Ralph Lauren Home Collection (address above). **Desk, chair, and accessories**—antique or personal belonging.

BRINGING THE FAMILY TOGETHER

Pages 154-155: windows—Semco Windows & Doors, Semling-Menke Co., Inc., P.O. Box 378, Merrill, WI 54452; 800/333-2206. **Paint,** (Tanglewood)—Sherwin-Williams; for further information call 800/4-Sherwin (474-3794). **Carpet,** "Sisal Craft"—Lee's Carpets, 3330 W. Friendly Ave., Greensboro, NC 27410; 800/523-5550. (***Left***): **mirage love seats,** 063-865; **love seat fabric,** D296121—La-Z-Boy; for a dealer near you call 800/625-3246. (***Right***): **tile for fireplace and hearth,** "Verde Antico"; **diamond matched border,** "Pearl Carrara"—Florida Tile Ind., Inc., 1 Sikes Blvd., Lakeland, FL 33801; 800/789-8453. **Cabinets,** "Montclair Autumn"—Aristokraft, Inc., P.O. Box 420, Jasper, IN 47547-0420. **Chairside storage,** 15243-07 (Hunter Green); **square cocktail table,** 15503-00; **drawer end table,** 15522-00 from the Olde Forge Collection—Hammary; 704/728-3231. **Santa Fe stationary occasional chair,** 023-446; **ottoman,** 024-446; **chair and ottoman fabric,** JL-290020 (Sage Leather); **mirage love seats,** 063-865; **love seat fabric,** D296121; **plaid pillow fabric,** D280320—La-Z-Boy; for a dealer near you call 800/625-3246. **Print over mantel,** "Pink Farm House"—Nell Revel Smith Studios, 107 N. Main St., Leland, MI 49654; 616/256-7689.

Pages 156-157: floor, "Beach Plank"—Pergo Flooring, Inc., 2200 Forte Court, St. Louis, MO 63043; 800/222-1817. **Appliances,** "Gallery Series Professional"—Frigidaire Co., 600 Perimeter Dr., Dublin, OH 43017-3215; 800/374-4432. **Countertops,** (Jade Mirage)—Wilsonart International, 2400 Wilson Place, Temple, TX 76503; 800/433-3222. **Cabinets,** "Montclair Autumn"—Aristokraft, Inc., P.O. Box 420, Jasper, IN 47547-0420. **Paint** (Tanglewood)—Sherwin-Williams; for further information call 800/4-Sherwin (474-3794). **Windows and patio doors**—Semco Windows & Doors (address above). (***Left***): **keeping table,** 55-254; **slat back side chairs,** 55-061 (Cherry); **slat back arm chair,** 55-262 (Black); **chair fabric,** D-280320 from the Gathering House Collection—Kincaid; 800/438-8207. **Sunflower print,** "Sunflowers"—Nell Revel Smith Studios (address above).

Pages 158-159 (*left*): windows—Semco Windows & Doors, Semling-Menke Co., Inc., P.O. Box 378, Merrill, WI 54452; 800/333-2206. **Woodmont high leg lounger,** 029-443; **plaid chair fabric,** H285080—La-Z-Boy; for a dealer near you call 800/625-3246. **Three-drawer bedside chest,** 45-142 from the Gathering House Collection—Kincaid; 800/438-8207. **Chairside storage,** 15243-07 (Hunter Green) from the Olde Forge Collection—Hammary; 704/728-3231. **Comforter,** "Evelyn"—Ralph Lauren Home Collection, 1185 Ave. of the Americas, New York, NY 10036. **Bed**—personal belonging of the homeowner. **Wallpaper,** (Hunter Green) from the Stripes Collection—Imperial Wallcoverings; 800/222-3700. **Carpet,** "Sisal Craft"—Lee's Carpet (address above). (***Right***): **wallpaper border** (Hunter Green) from the Stripes Collection—Imperial Wallcoverings; 800/222-3700. **Faucets,** "NeoStyle"—Delta Faucet Co., 55 E. 111th St., Indianapolis, IN 46280; 800/345-3358. **Cabinets,** "Meredien"—Aristokraft, Inc. (address above). **Countertops** (Frosty White Mirage)—Wilsonart International (address above). **Print,** "Silver Birch"—Nell Revel Smith Studios (address above).

PERFECT 10 FOR MASTER BATHS

Pages 163-165: tile—International Bath and Tile, 4646 Convoy Ct., San Diego, CA 9211; 619/481-4984. **Sink**—Kroin, Inc., 180 Fawcett St., Cambridge, MA

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02138; 800/775-7646. **Towels, robe**—Linens and Things; for information on a store near you, call 800/LNT-8765. **Rugs, toiletries**—Strouds Line Warehouse, 780 S. Nogales St., City of Industry, CA 91748. **Soaps, brushes**—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020; 800/447-4371. **Shower enclosure**—Encinitas Glass, 687 Second Ave., Encinitas, CA; 619/753-6361.

Pages 166-167: sinks—Kohler Co., Kohler, WI 53044; 800/456-4537. **Custom joinery**—The Joinery, 230 Umbarger Rd., San Jose, CA 95111; 408/227-0525. **Quartzite tile,** "White Cloud"—Eurocal Slate, 3478 Buskirk Ave., #260, Pleasant Hill, CA 94523; 800/553-5611.

Page 168: sinks, spa tub—Kohler Co., Kohler, WI 53044; 800/456-4537. **Floor tiles**—International Bath and Tile, 4646 Convoy Ct., San Diego, CA 9211; 619/481-4984. **Counter, accent tiles, tub tiles**—Country Floors, 8735 Melrose Ave., Los Angeles, CA 90069. **Sponge, brush**—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020; 800/447-4371. **Bath oil bottles**—Linens and Things; for information on a store near you call 800/LNT-8765.

SUMMER SIZZLERS

Page 173 (*top*): white bowl, Cyclamen Studio, 1825 Eastshore Hwy., Berkeley, CA 94710; 510/843-4691.

ICE CREAM

Page 180: bowl—Dalzell Viking, P. O. Box 459, New Martinsville, WV; 26155; 304/455-2900.

Page 182 (*top*): bowl, "Spiral"—Union Street Glass; for a shop near you call 888/451-7752. **(*Bottom*): bowl,** "B. C. Gold"—Annieglass, P.O. Box 2610, Watsonville, CA 95077; 800/347-6133.

Page 184 (*top*): bowl, "Conte"—Schott Corp., 3 Odell Plaza, Yonkers, NY 10701; 914/969-6100. **(*Bottom*): plate and bowl**—Dalzell Viking, P.O. Box 459, New Martinsville, WV; 26155; 304/455-2900.

READER SHOPPING

Page 111: *The Book of Container Gardening*—Simon & Schuster, 1633 Broadway, New York, NY 10019.

Page 118: Great Expectations Hosta—Carroll Gardens, Inc., 444 East Main St., Westminster, MD 21157.

Page 198: Barbecue Tools Set, Nonstick Grill Basket, Nonstick Skewer Set—Fox Run Craftsmen, 1907 Stout Dr., Ivyland, PA 18974.

Page 206: Baskin-Robbins Sundae Set and Banana Split Set—Buildit Engineering Co., 3074 N. Lima St., Burbank, CA 91504.

Page 227: Beach Book and Beach Bucket Set—Workman Publishing Co., 708 Broadway, New York, NY 10003.

Architects & Designers

PRETTY PAVING

Page 58: landscape design—Ron Pekarek, The Pekarek Group, 12760 High Bluff Dr., Ste. 280, San Diego, CA 92130.

Page 60 (*top*): Landscape architect—Gerald Garner & Assoc., 2105 Garnet Ave., Ste. C, San Diego, CA 92109.

Page 62: architectural and landscape design—Marc Tarasuck, Marc Tarasuck and Assoc., 744 G. St., Ste. 206, San Diego, CA 92101; 209/262-0100.

CONTAINERS THAT SAY WELCOME

Pages 131-136: designer—The Leonhards', 87 Corning St., Beverly, MA 01919; 508/922-4295.

DECORATING AT EASE

Pages 141-150: interior design—Doris LaPorte, Lucy Aleixo, Diane Provenzano, Doris LaPorte Assocs., Ltd., 40 W. 77th St., New York, NY 10024; 212/874-6751. **Architect**—Pamela Holmes Pospisil, 72 Meeting House Ln., Southampton, NY 11968; 516/283-3465. **Contractor**—Joe Beehan, Jr., 372 Brick Kiln Rd., Bridgehampton, NY 11932; 516/537-3228. **Landscaper**—J.C.G. Landscaping Design, Inc., P.O. Box 2072, Montauk, NY 11954; 516/668-6452. **Pillow fabrication and bamboo chair cushion fabrication**—Catrina Upholstery, 199-16 32nd Ave., Flushing, NY 11358; 718/279-1424.

Pages 146-147: lounge chair fabrication—Catrina, Upholstery (address above).

Pages 148-149 (*left*): curtain fabrication—Maury Shor, 1056 Washington Ave., Bronx, NY 10456; 718/993-0200. **Bamboo chair fabrication**—Catrina Upholstery (address above). **(*Right*): bed pillow and chair cushion fabrication**—Catrina Upholstery (address above).

BRINGING THE FAMILY TOGETHER

Pages 153-160: architect—Community Design, Inc., 126 E. Front St., Traverse City, MI 49684; 616/941-7575. **Builder**—Paul Maurer, 10167 E. Cherry Bend Rd., Traverse City, MI 49684; 616/941-1448. **Kitchen design**—Randy Kyes, Creative Kitchens, 747 Woodmere Ave., Traverse City, MI 49686; 616/946-2929.

PERFECT 10 FOR MASTER BATHS

Pages 163-165: architect—Dean Meredith, P.O. 2142, Del Mar, CA 92014; 619/755-5591. **General contractor**—Tony Wanket Construction, 2480 Grand Ave., Vista, CA 92083; 619/598-4234.

Pages 166-167: designer—Scott Design Associates, 1045 Sansome St., San Francisco, CA 94111; 415/398-1126.

Page 168: interior designer—Linda Kaufman, 920 Adella St., Coronado, CA 92118; 619/437-0191.



Environmentally Cool

Turning down the thermostat is one of the least efficient, most environmentally demanding ways to cool things off when it's as hot as a blast furnace outside.

As communities lower indoor temperatures in summer, power plants must maximize their output, which leads to the burning of polluting fuels. There's a better way. Instead of switching on the air conditioner, try lowering the temperature with some of these simpler, nonmechanical approaches.

- Plant deciduous shade trees or trellis-climbing vines around your home to block the sun without expending energy.
- Building porches and garages on the sides of your home will also help turn back an invasion of solar heat.
- A roof or pergola covering a patio or section of driveway cuts down the amount of heat reflected into a house.
- Use only light-colored roofing materials because they will redirect heat rather than absorb it.





A Bird-Friendly Backyard

It's an unfortunate irony that the construction of new houses for people often forces birds to take flight and escape their nesting area. Welcome some of these feathered refugees back by creating a bird-friendly environment that is something to crow about.

Because different types of birds have different eating and nesting preferences, offering a few alternatives in the way of food and shelter will bring birds flocking to your happy nesting resort.

Some birds feed on the ground, some in low fruit bushes, and others only eat high in a tree. One species likes berries, another seeds, and another insects. Accommodate each of these likes and dislikes with plantings that vary in height from ground cover to shade trees and be sure to include plenty of berries for wild birds that prefer to pick their own meal. Put out sunflower seeds for chickadees, cardinals, blue jays, and others, and white millet for ground feeders, such as doves. To bring insect-eaters to your yard, put small stands in trees to offer suet cakes, which are made from animal fat. Never put out more than a two-day portion of food, and keep feeders clean so disease won't spread.

In addition to food, birds love water. Give them a place to bathe and they chirp like chicks. Most can't resist the sound of running water, so consider a lightly splashing fountain. It will send out a soothing signal for all to hear.

Birds also need shelter, so include birdhouses. An arrangement of small wooden boxes could create an apartment-like dwelling for a whole flock.

REVERSING WATER POLLUTION

Confidence in drinking-water quality is going down the drain in many regions. Homeowners with poor water may want to invest in a reverse-osmosis filtering system. In the reverse-osmosis process, water is cleaned by forcing it through a high-tech membrane. The membrane sifts out an impressive list of impurities, including heavy metals, sodium, lead, arsenic, nitrates, asbestos, and many others. Reverse osmosis is even used to remove salt from sea water.

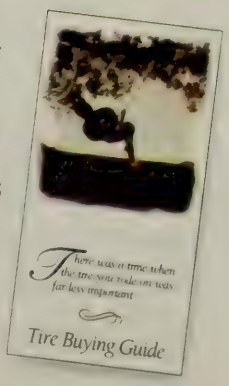
Systems range from about $400 for under-sink units to more than $3,000 for sophisticated whole-house systems. Before buying reverse-osmosis equipment, ask what contaminants a filter will remove, how much clean water it can produce daily, and whether products are certified by NSF International, which assures equipment meets industry standards.

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by Lamont Olson



Families on a budget (and who's not?) find value for under $12,000 in small sedans like the Ford Escort.

The Affordability Quest

Young families discouraged by the $20,000 average price of a new car often turn to the small-car category to find one they can afford. Fortunately, these models have improved since the days when "compact car" meant a rough ride in a cramped econobox with an engine that developed more noise than horsepower.

Today's better small sedans, including the Honda Civic, Ford Escort, Mazda Protegé, and Chevrolet Cavalier, are refined, roomy, and peppy in comparison. Auto analysts say the car companies don't make much money (if any) on small cars, but competition still forces them to improve.

One that has improved substantially is the Ford Escort, redesigned for 1997 after a 15-year run as the best-selling small car. A starting price of $11,015 plus $415 freight buys one of the quietest, most solid-feeling cars in this category, although for that price don't expect the bank-vault feel of a Mercedes. The upgraded LX model starts at $12,210, and the LX wagon at $12,290, plus freight.

Front seat room and comfort are fine if you are under 6 feet; taller drivers should test the fit carefully. The swept roofline gives the Escort a stylish look but limits headroom in the backseat. *continued on page 106*

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Your Family Car

continued from page 104

The front seats have height-adjustable shoulder belts and two-way adjustable head restraints to accommodate family members of varying sizes. The front doors have map pockets integrated with the speaker grille. Solar-tinted windows screen glare and heat. A 60/40 split-fold rear seat is standard, except on the base model.

Models with the optional integrated child seat have a single-fold rear seat. Three console-mounted cup holders are standard, two in the front, one in the rear, and they hold coffee cups or juice boxes.

The 2.0-liter, four-cylinder engine delivers 110 horsepower and feels much livelier than the smaller 88-horsepower engine in previous models. When paired with a standard five-speed manual transmission, the engine gets about 28 miles per gallon in city driving and 37 on the highway. The optional four-speed automatic transmission, which costs $815, trims mileage slightly to 26 city, 34 highway.



In the federal government's front-end crash test, the Escort earned a three-star protection rating for the driver and four stars for the front passenger. Ratings range from one star (worst) to five stars.

Model year 1997 is the first year that all new cars must pass a minimum side impact crash test. Escort's side crash rating was three stars for both driver and passenger. The side crash simulates a typical intersection collision between two vehicles.

One drawback of small cars, even well-built ones, is that passengers are more vulnerable in accidents than occupants of large vehicles.

The Highway Loss Data Institute keeps track of injury claims in car accidents, and year after year the vehicles with the lowest rate of injuries are heavy weights like the Chevrolet Suburban. The worst injury rate occurs in small cars such as the Hyundai Elantra.

Escort fares well for a car of its compact size, but it cannot escape the laws of physics. The injury rate for 1994-95 Escorts was 140, compared to the average for all cars of 100. Best rate was 34 for the fortress-like Suburban 4x4; worst was 219 for the Elantra.

Of the 24 cars with the highest frequency of injury claims, 16 are small and 8 are midsize, the institute says.

ZX2: Hot wheels for the MTV generation





For drivers who want something a little sportier than the sedan, Ford introduced the Escort ZX2 coupe in April. It's a racy, teardrop-shaped two-door with a zippy 130-horsepower four-cylinder engine.

The ZX2 shares its chassis and suspension with the sedan, but the suspension has been tuned and tweaked to make the coupe more stable during quick directional changes. On the test track it handles more precisely than the four-door version.

The basic ZX2 (it's called the "Cool" series) carries a sticker price of $12,580 plus $415 for freight. It has a manual five-speed transmission; antilock brakes cost extra. An upgraded "Hot" model costs just over $14,000, plus freight, and includes air conditioning, a driver's door remote, rear-window defroster, and AM/FM cassette.

The coupe is actually about half an inch longer than the sedan and just a fraction wider. Headroom and legroom in the rear seat, however, are tighter than in the four-door.

Ford expects to sell about 70,000 ZX2s in the first year, compared to more than 200,000 sedans. Most buyers will be singles and couples in their 20s and 30s. Women in that age group like inexpensive sport coupes, and Ford predicts women will buy about 60 percent of the ZX2s.

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design

Taking the Edge Off



KING AU

Played against the straight lines of this wall arrangement, the rounded objects in this grouping provide a softening contrast to the wall's hard edges and the artwork's 90-degree angles.

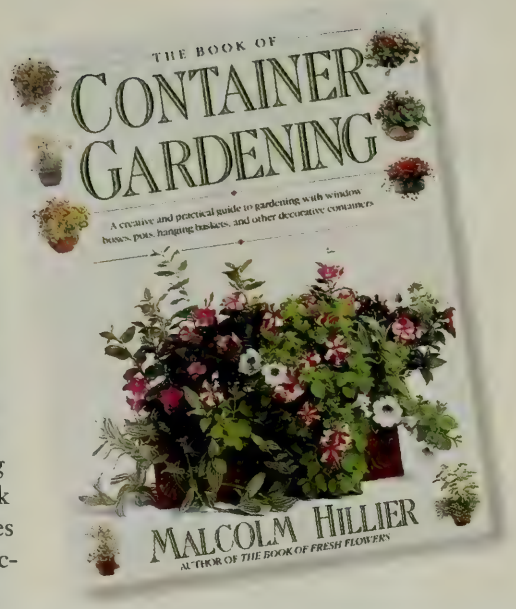
Nothing makes a graphic statement like linear shapes and right angles. But, when left on their own, straight lines leave an arrangement feeling cold and untouched. For more artful groupings, throw in a curve—one rounded form that softens a wall of hard edges.

Whether it's a plate hung in the wall arrangement or mounted on the shelf, a round picture frame amidst other square ones, or a shelf with a curved front edge, a round shape takes the edge off straight lines. A rule to remember, however, is that the object must be substantial enough to make an impact. In the photo (*above*) the shape and size of the vase, the flair of the flowers, and the gentle curves of the chair back are all scaled for visual impact. By breaking into the edge of the frames, the flowers also help to visually link the elements in the arrangement.

As a general rule, balance is achieved by keeping the weight of an arrangement low and to the left. The shelf's strong horizontal line keeps the center of gravity low; the off-centered flowers and low-hung print keep the weight towards the left.

garden

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OH, BABY, WHERE HAVE YOU BEEN ALL MY LIFE?



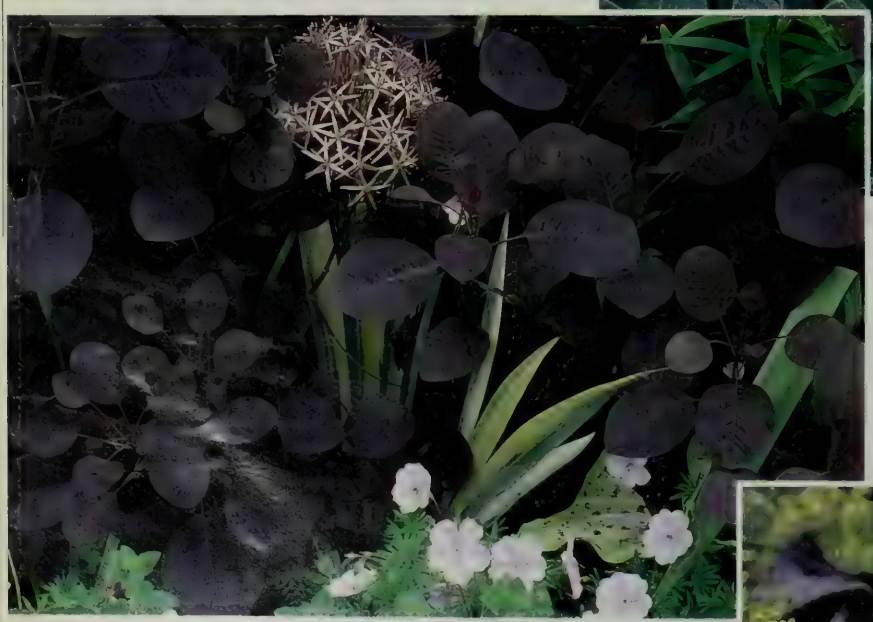
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Perfect Pairs—Color and Contrast

Hostas and ferns, climbing roses and clematis—no matter how many times you see these classic plant combos, they always work. Here are more.

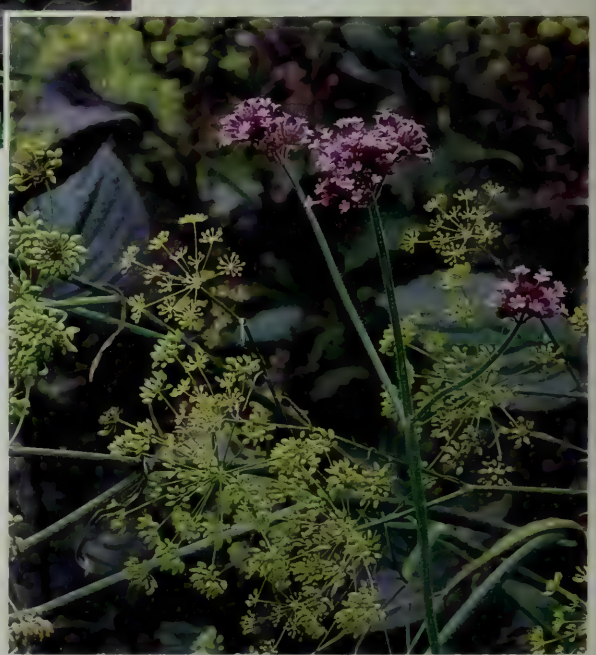




VELVET AND FROTH (*above*): Furry lamb's-ears and a wedding-cake presentation of euphorbia.

DISCS AND GLOBES (*left*): The ornamental onion *Allium Christophii* and a variegated *Iris pallida* poke through a purple smokebush and *Geranium sanguineum striatum.*

STARBURSTS (*below*): Verbena and fennel.



Sometimes more really is more. A complementary companion to a favorite plant makes the combination itself seem much more striking than the two plants by themselves. Picture roses and foxgloves. Picture maidenhair fern and a golden hakonechloa ornamental grass. Picture rudbeckia and almost anything.

All too often, finding these rewarding pairings is a matter of caprice, happenstance, or trial and error. No longer—the garden guys at *BH&G* are putting together more and more possibilities in our Test Garden. Look for them in the occasional feature "Perfect Pairs."

by Craig Summers Black


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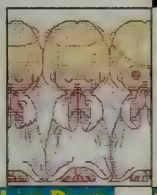
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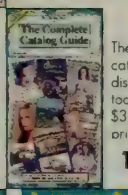


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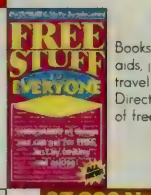
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gardener's almanac

JULY 1997

by Craig Summers Black and Mark Kane

EDITOR'S CHOICE

Beyond all expectations. This strikingly colorful hosta, Great Expectations, puts chartreuse-and-cream and blue-and-green in a lightly shaded area and then tops them off with a low-slung mass of white flowers in the summer. If ever you thought hostas were ho-hum, this is the one to change your mind: It looks like one big flower. The variegated leaves have irregular streaks, shooting toward their centers, which can get so bright as to appear almost yellow. And they're puckery, pointed, and folded. While the plant is slow to become established, its charming habit and gee-whiz coloration recommend it front and center in your garden.



Great Expectations puts color like you won't believe under your shade trees. And the flowers are keepers.



SMART GARDENING

Free Plants—Sometimes It's Almost Too Easy

Dividing plants really isn't all that difficult. When we dug up this paphiopedilum orchid, it pretty much divided itself. No matter that we carefully inserted our trowel all the way around the plant—in hopes of lifting out the root ball intact, then surgically separating the growth at the base. This eager little paph decided to do all the work for us. In other words, it fell apart. So we potted up each division separately, and where we had one orchid before, now we have three.

continued on page 118



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LOOKING GOOD



A Little Bit of You, A Little Bit of Green

Personal mementos in the garden make it seem more like *your* garden and less like every other garden on the block. A Seattle collector took a favorite Chinese vase off his shelf and placed it in his yard, smack-dab in the middle of some artemisias and romneyas. He filled the blue jar with agapanthus, perovskia and dahlias, adding even more color to his garden and blurring once again the line between indoors and outdoors. Says the homeowner, "You should see it in the morning light."

EDITOR'S CHOICE HOSTA OFFER The **Great Expectations Hosta** showcased on *page 116* is available to the readers of *Better Homes and Gardens®* magazine by special arrangement with Carroll Gardens. This variety of hosta will mature to about 42 inches in diameter with flower stalks reaching about 34 inches tall. Plants are shipped bareroot, and shipments will be made at the proper time for your zone (about September 1, 1997, to November 15, 1997). One hosta costs $34.95; additional hostas to the same address cost $29.95 each. All prices include shipping, handling, and applicable sales tax. *Please note: We encourage you to place your order by phone using a major credit card. In this way you will not be charged until the hostas are shipped. If you choose to mail in your order with payment, your check will be processed when we receive it.* **TO ORDER** with your Mastercard, Visa, or American Express card, call toll free 800/881-4066. To order by mail, send a note indicating how many hostas you wish to purchase along with a check or money order for the correct amount to *Better Homes and Gardens* Reader Shopping Service, Dept. 9707, Box 9128, Des Moines, IA 50306-9128.

TEST GARDEN TIP



A Pinch to Grow On

BH&G test gardener Andy Rocchia pinches off all the blossoms on his first-year strawberry plants. With blooms removed, Andy says, the plant spends most of its energy establishing itself for years to come, rather than exhausting itself trying to fruit in its infancy. "You don't want them to produce any berries the first year," he says. "Pinch off the blossoms and be patient. You'll enjoy your berries next year even more."

UPDATE

•**THE PAWPAW BACKLASH:** Not everyone is as enamored of the pawpaw as are the *BH&G* garden guys. Consider this from Texas A&M University: "The yellow pulp is soft and sweet, but does not have enough taste to make it popular." Then, out of the other corner of its mouth: "When eaten raw it is cloyingly sweet ... Seemingly a taste for it must be cultivated because some consider it nauseating." We say it tastes like banana-mango custard. Yum.

•**CATALOG ALERT:** One Green World offers oddball hardy fruits from the former Soviet Union—sea berry, goumi, honeyberry, shipova, and magnolia vine. Catalog, $2. Box 1080, Molalla, OR 97038. 503/651-3882.

Buying information, page 99





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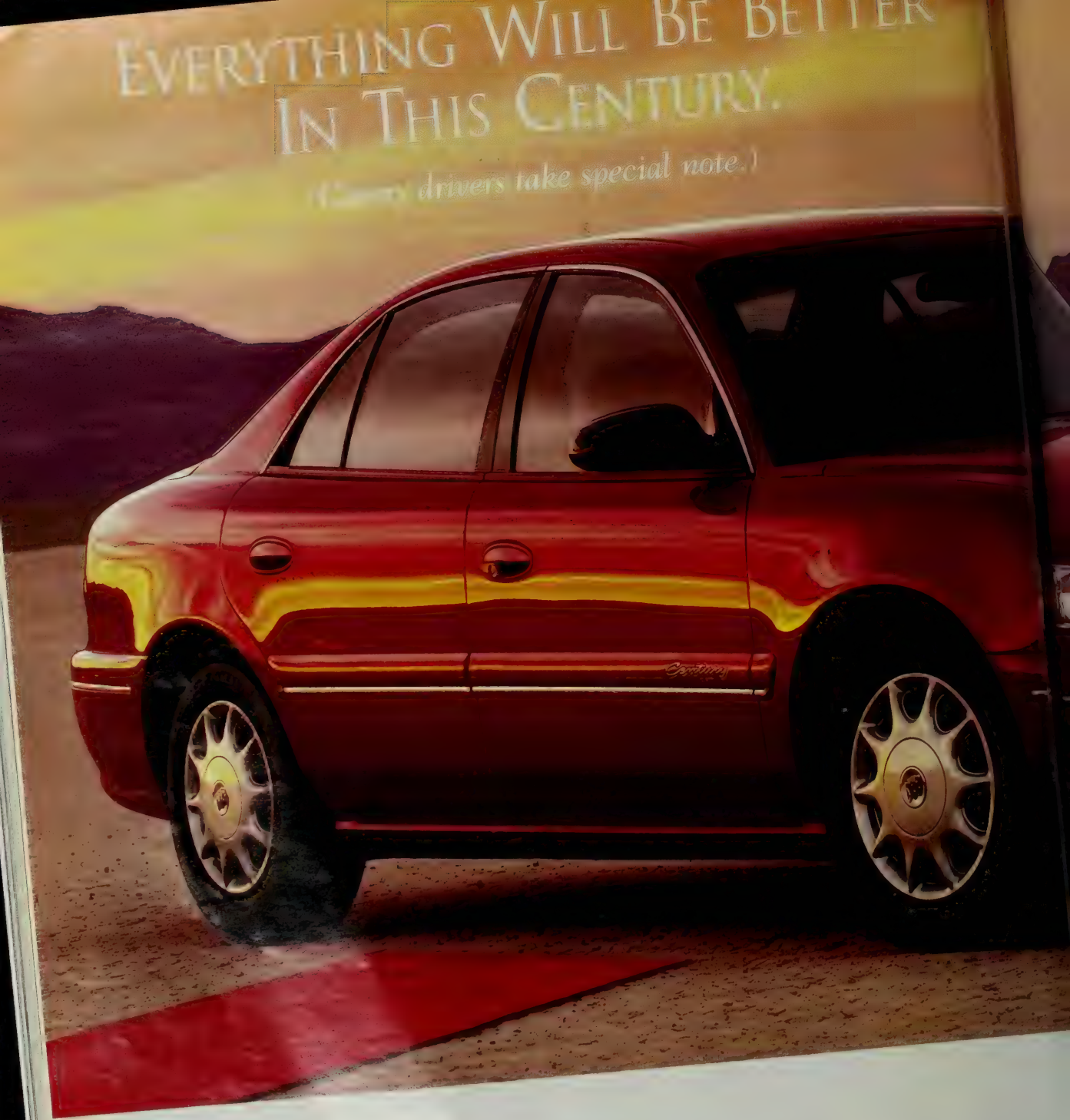
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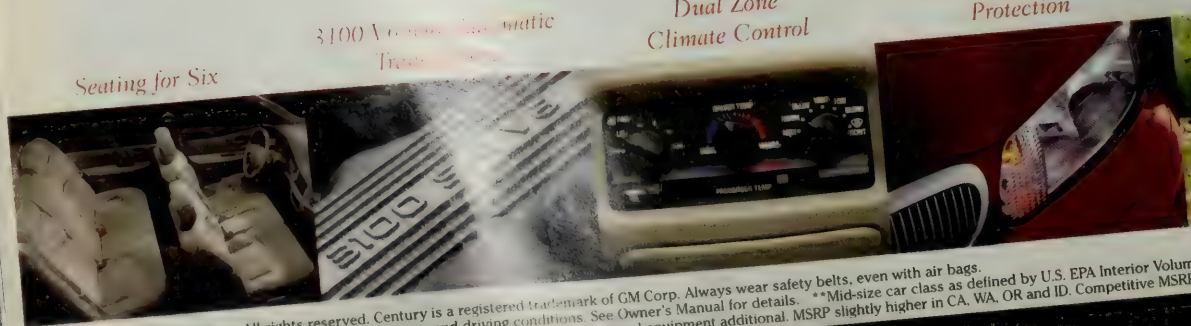
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Introducing The All-New Century By Buick.

Taurus and Accord drivers, you might want to take note too. Because this Century is vastly different from the last — redesigned from top to bottom, bumper to bumper and every place in between. Its 3100 V6 can go 100,000 miles* without a tune-up. And it's filled with so many luxurious touches like remote keyless entry, dual zone climate control and an air filtration system that removes most allergy-causing pollens. Hey, the new Century is so bright, it even turns its own lights on and off.

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Simply Charming

Your garden can look different from every other garden with an investment only of yourself. No, you don't have to write checks with commas in them to personalize your landscape. So lay down those pricey catalogs for a moment and throw your credit card in the sock drawer. Missy Stevens and Tommy Simpson, two artists who garden to a fare-thee-well in Connecticut, can show you how simple can be charming. And, not coincidentally, beautiful.





by
Craig Summers Black
and Mark Kane



"My grandmother was a great gardener. I grew up with stories about her favorite flowers." – *Missy Stevens*

This is Missy and Tommy's first garden, and they were not looking to plow a flash of cash into it when they started landscaping. Now, 14 years and several garden projects later, they still aren't. The grounds have become a picturesque collection of cozy garden rooms, complete with picket fences, an arbor, and even a water feature. But the couple drew on their artistic sensibilities to fashion beauty from the rustic and the recyclable, and so held finances in check and personalized their garden.

The fence is made of cut saplings and fallen limbs. Their resident scarecrow evolved from a shovel, and its manufacture gave birth to a little cottage industry. The many paths were built with the used bricks Missy's father keeps turning up. And the pond? The couple started with something Tommy had grown up with: a horse trough.



A The garden offers several places to sit, including this swing by the front door. "I think the garden ought to be partaken of," says Tommy. Chairs, he says, invite visitors.



B Stone steps lead to the lower garden. Once vegetables grew there, but "I wanted to grow the old-fashioned flowers that I loved," says Missy. Raised beds are surrounded by brick paths and a rustic fence. The enclosure, formerly square, was modified to become a half-circle.



This twig screen supports chives, Siberian iris, and nepeta. Tommy makes fencing from found objects. "I had a whole pile of this stuff from clearing the woods, and I was reluctant to throw it away. It's held up a lot better than I ever expected. Every year I replace only five or six pickets."

Missy and Tommy's 3-acre garden has evolved over the years. But then, as Tommy says, "Our business is visualizing things and then making them." They lost most of the scrub and overgrown woods, and have added a shrub border along the road for privacy. There's a shade garden around an old crabapple tree. And shrubs and ground covers mingle inside the picket fence and arbor, which create the front entry. An early vegetable garden ("the deer and raccoons and woodchucks loved it") became a home for flowers. But the couple still grows herbs, raspberries, lettuce, and asparagus ("enough so that you get sick of it," Tommy says with a smile). Now they have a picturesque—and private—clearing in the woods, a kind of continuing artistic statement, but one that takes very little time or effort to maintain. And all because, as Missy says, "I just wanted to have fun gardening."

"As a visual artist you're looking at nature, at how things are put together. It's good to have things close by."–*Tommy Simpson*



E Chairs and benches are tucked invitingly around the gardens. "At different times of year, different places are warm or cool," Tommy says. Just as you have furniture in a house, he likes it outside as well. "A lot of people make a separation between the house and garden: I'd make the house go into the garden and the garden into the house."

D Another sitting space is nestled into Tommy's swamp maple fence among the tall tiger lilies. An arrow sculpture/weather vane and birdhouse, both of Tommy's design, further adorn plantings of ratibida, buddleia, and nasturtiums. Brachycome, mint, hebe, and osteospermum are planted in pots.



The Instant Pond —Just Add Water

Missy and Tommy wanted a pond in the lower garden, but they didn't want to go to the time and trouble of excavating or the expense or bother of burbling mechanics. Instead, they went with a ready-made galvanized horse trough and built a simple mahogany bench around it and clad the framework in redwood, completely obscuring the pond's industrial beginnings. "I made the whole thing so it could come apart in pieces easily, to replace any part I might need to," Tommy says. He also designed the decorative steel arch over the pool and hammered the curves into it; a friend did the welding. How much simpler can you get?

The six-foot galvanized horse trough is the kind you can find at any farm and country supply store. It takes only 15 minutes to empty and wipe dry in the fall. It's covered in winter, and Tommy paints the inside flat black every spring.

Tommy designed and built this redwood surround for the pool to disguise its origins. It also provides a place to sit. The structure is free standing and four people can lift it if and when the water trough needs repair or replacing.



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These simulated photos show that even five hours after washing, Safeguard is still helping to protect against staph germs, unlike regular soap.

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by
Craig Summers Black
and Mark Kane



Containers that say Welcome

Outdoor pots can be "landscaped" just like the rest of your own personal outdoors. And these planted containers can be worked into your larger landscape to dress up existing plantings. One way to heighten the drama of these two features is to place the containers by the front door. Plantings such as a pink mandevilla skirted in English ivy (*above*) can be made to complement a border of hardy garden mums and a basket of blooming ivy geranium. Now doesn't that make a fine how-do-you-do?

PHOTOGRAPHS: ERIC ROTH. REGIONAL CONTRIBUTOR: ESTELLE BOND GURALNICK



Containers that say Welcome

The husband-and-wife team of Doris and David Leonhard designed the container gardens in these pages with an eye toward three distinct kinds of plantings:

1) "Bouquet" containers, which combine three or four plants in one pot to create contrast, color, and grace.

2) "Accent" containers, which feature a prominent, eye-catching plant not usually seen in pots, such as a shrub rose or even an evergreen tree.

And **3)** "moveable gardens," a collection of different sized pots and plants that look good on their own but also complement each other, creating added visual impact.

These gardens-within-a-garden were all placed near the entryways of homes of the Leonhards' Boston-area clients. Care was taken in selecting the pots, too—they are all rather decorative, and they are all rather large. You walk *around* in a garden. You don't stumble *over*.



Container color cheers the places you spend the most time, such as chaise-side on this backyard terrace. The standard fuchsia is Southgate. The pot in front is devoted to ivy geranium.



This allamanda, a fast-growing tropical vine, flowers all summer in the Leonhards' own backyard. The cement pot is ringed with ivy. This simple arrangement winters inside.



This lollipop rose, Popcorn, is underplanted with variegated lemon thyme and Baltic ivy. Another long-blooming easy-care container rose: the Fairy.

Containers that say Welcome



Maybe the most endearing attribute of container planting is its mobility. This feature can be exploited to make you seem to be a better gardener than you actually are.

Pots can be rotated, with showy blooming containers coming to the fore while languishing, transitional plantings are exiled to a restorative site. Groupings can be shuffled around, like rearranging furniture, for altogether new looks. And if company's coming tomorrow and your containers are not *just so*, it's easy to zip out an underwhelming or underperforming plant and plop in a replacement flower that just happens to be in full glory.

This slow-growing dwarf Alberta spruce (*above*) exemplifies the way conifers can fill an entryway, and handsomely. Helichrysum and young marguerites flourish underneath.

A lantana standard guards these sunny steps (*right*), aided by light-blue plumbago, a white maranta "tree," and a pot of pink vining dipladenia.



Containers that say Welcome





Plants for a flowering bouquet

A flowering bouquet kind of falls on its face if it isn't actually flowering. To avoid container lulls, plant flowers that stay in bloom for extended periods. Lobelia (*inset*), a long bloomer, thrives in partial sun. Says David, "Sometimes we plant strawberry jars in coordinating colors, but masses of one color is my favorite way."

You can tuck vegetables such as strawberries, tomatoes, parsley, and pepper into your bouquets (*left*), but they are heavy feeders and need extra fertilizer. Dressing up these edibles are southernwood, pink and white nicotiana, lobelia, viola, petunia, and dahlia. This pot requires full sun.

By grouping plants according to their cultural needs, you will accomplish two things: You will assure they will grow and thrive. And you will make your life a whole lot easier.

Planting a bouquet

Here's another tip from Doris and David: In potting up your containers, add a slow-release granular fertilizer such as Osmocote to the potting mix. It's a great time-saver and a bit of an insurance policy.

1 First, cover the drainage hole with pebbles, broken clay pots, or packing "peanuts." The peanuts make the completed pot lighter and easier to transport. Make sure to use the truly peanut-shaped little noodles, not the concave or hollow ones, which will hold water and possibly rot roots. Fill with potting mix to planting depth.

2 Plant the central upright plant, the tallest one. In this case, it's the daisylike marguerite. It does not have to be placed in the center of the pot. If the pot is to be shoved up against a wall or backdrop, put the tall plant in the back.

3 Plant the skirt. Add soil and position low trailers and cascading plants around the edge.

4 Tuck in mid-level plants, sweeping around your star performer and rising to greet it. Water thoroughly, avoiding blossoms and leaves. Add more soil if settling occurs. And remember to deadhead as the season progresses.









To order a Container Gardening book, see page 111



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DECORATING

at ease



For these New Yorkers, as for many of us, a new life phase sparked a new decorating phase. With their children grown, Don and Saundra could focus on creating a more personal, casual style for their new shingle-style cottage. But they also wanted a place where their children and—hopefully one day—grandchildren would feel welcome. The solution: a balanced approach to decorating that's grown-up and beautiful but also comfortable, warm, and carefree.



by

Sandra S. Soria



Personable, vintage fabrics establish the home's palette and relaxed mood. Resting on an old park bench, *left*, pillows sewn from '40s cotton introduce this notion in the entry hall. In the living room, a just-right rug was the style foundation. "It's not too jarring and not too formal," says Saundra, who topped it off with classic, slipcovered sofas and vintage rattan chairs in fabrics keyed to the rug's colors.

The truth is, Don and Saundra seemed to want it all when building and furnishing their Long Island home: spaces cozy enough for two but also gracious and spacious enough for a slew of extended family and friends. "We wanted it light and livable," says Saundra. "We wanted our home to have a personality that everyone would feel at home with."

To find furnishings that lived up to their vision, Saundra began by pulling images that appealed to her from magazines. Then, she and her daughter, Joanna, hit the streets on weekends, hunting and gathering vintage fabrics and objects that spoke to the pretty but playful style she had in mind.

at ease



at ease





Uncovered windows scoop in the view, while a ceramic-top table helps reflect sunlight into the kitchen. Glass-front upper cabinets, lightly tossed fruit patterns on fabric and tile, and other natural ingredients keep the look clean but far from cold.



Saundra also enlisted the services of an interior design firm to help pull it all together and give the house a seamless and natural flow. The challenge? Coming up with a decorating formula that didn't look, well, formulaic. Here's how easily this one breaks down: Start with subtle but not stark backdrops, mix in just a few fresh patterns, and add functional furniture that's rich in character. The design also connects comfortingly to the outdoors with weathered woods, old-fashioned floral motifs, and furniture friendly enough for the patio.

at ease

During the construction phase, Don worked closely with the builder, finessing the floor plan to suit the way he and Saundra really live. One must-have for their busy, two-career life is this cozy retreat adjacent to the open, airy living room. "We planned for a place for everyone and for every mood," says Saundra. Shelves and paneling made from salvaged barn wood create a warm, rustic setting for books and family photos. Snappy red and white checks and vintage, over-scaled florals keep the room from slipping into a sedate, library-like state. By floating the upholstered pieces in the center of the room on a diagonal, Saundra adds to the room's light and breezy quality.



Don is often lured to a tiny windowed alcove in the den, which has a view of the backyard he worked to tame. Portable electronics mean the quiet spot can turn into a busy, hardworking nest when business beckons.



BETTER HOMES AND GARDENS JULY 1987



In the master bedroom the mood changes to soft romance. It's a mood sparked once again by vintage fabrics, this time a soft, pretty floral. "I didn't have much of the beautiful old drapery fabric," says Saundra, "so we turned it into a few pillows and showcased them on creamy linens." Textural touches on everything from the gauzy linen draperies to the sponge-painted chest at bedside picks up where the pattern leaves off, adding eye-interest and preventing the room from becoming too feminine. Thanks to the room's subtlety, a masterpiece of a French needlepoint rug gets the attention it deserves.



Sheer draperies can be whisked shut to diffuse the light to a soft glow or opened to reveal the garden outside. Either way, they don't spoil the room's subtleness.

An old painted writing desk becomes an interesting nightstand in son Ari's room (*right*). Saundra and Don wanted to create a handy spot for Ari, who writes music, to put down his thoughts should inspiration hit during a visit.



Saundra designed an upstairs room with her grown son, Ari, in mind, giving it crisp patterns, bright color, and character-rich but relaxed antique furniture. Fitted with stereo equipment, an old cupboard that still wears its original paint stands as the focal point (*top*). "I tried to find something old or interesting for each room," says Saundra. "Then we worked around it."

at ease

at ease



By keeping structure to a minimum, Saundra and Don gave the backyard a light and natural feeling that's similar to the interior style. A columned arbor will soon be covered in fragrant wisteria, providing a shady spot for informal alfresco dining.



The gardens are an extension of Saundra and Don's relaxed and natural style. "We worked hard to achieve an unplanned look," says Don, "as silly as that sounds. We didn't want a manicured feeling." Meandering paths and patios made from weathered brick join well-placed fieldstones to guide plantings rather than hem them into rigid flower beds. Groupings of classic garden furniture come together for dining, or for enjoying the warm sun and a good book. "This is a dream house for us," says Saundra, "because it reflects how we want to live."

Buying information, page 99


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Bringing the family together







by Steven Mumford and Joseph Boehm

Two careers, two preschoolers, and two kids in college used to leave Janet Davy and Dennis Drake too little time to plan elaborate family vacations. But building a vacation home at The Homestead resort in Glen Arbor, Michigan, changed that. Now family members have no reservations about packing their bags and heading off for a group getaway. And when they're not on vacation, the property still pays dividends; the resort arranges rentals and even takes care of minor maintenance.



Transom windows take advantage of the vertical space created by the vaulted ceilings.

To keep the design clean while cutting unnecessary costs, the stairwell was built with drywall in lieu of a more elaborate railing.



Bringing a family together requires more than building a hassle-free house at a great resort. Janet and Dennis also made sure their second home's design would encourage family unity.

The open living room, for example, features casual furnishings grouped to promote conversation. In the morning, family members can gather to plan the day or just relax, chat, and enjoy breathtaking views of Lake Michigan's cool blue waters.

Vaulted ceilings add to the airy feel, stretching two stories and peaking at the fireplace chase. The tiled fireplace below serves as the room's centerpiece, and on cool summer evenings the crackle of a fire adds to the cozy ambience. In winter months, the family gathers round to enjoy the fire's warmth while watching skiers swoosh down the snow-covered hills outside. To give the fireplace added pizzazz, the couple selected a diamond-matched tile border that offers big personality for a small price.

PHOTOGRAPHS: TOM MCWILLIAM. BUILDER: PAUL MAUER CONSTRUCTION. INTERIOR DESIGN: JOSEPH BOEHM

Building a vacation home isn't enough to bring a family together. The home's design should encourage family unity.





Cutting out a lot of small construction costs can add up to big savings or even help pay for more noticeable items such as stainless steel appliances.



Family-friendly design carries over from the living room to the dining area and U-shape kitchen. Here, sunny spaces and togetherness go hand in hand with easy maintenance and convenient cooking.

A raised counter between the dining area and kitchen defines the traffic lane and serves as a buffet for casual meals. It screens the counters below from table-side views and even lets family members help out in the kitchen without actually being *in* the kitchen.

Down below, laminate floors have the look of hardwood but offer added benefits. These durable surfaces are manufactured by laminating a thin but very hard plastic surface to a particle-core substrate. They repel scuffs and stains, and won't fade or dent.



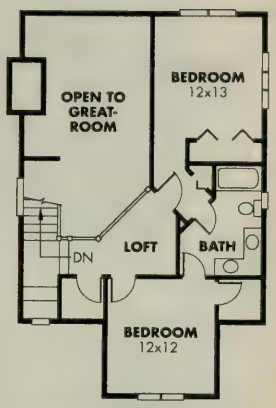


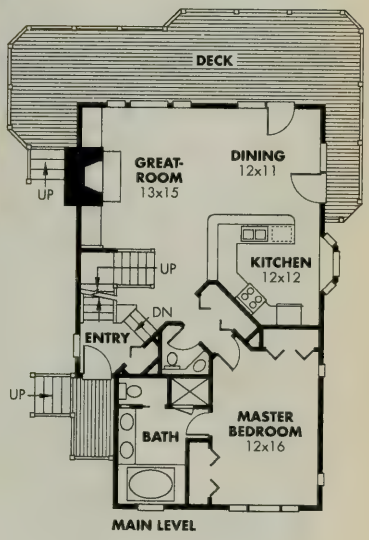
The countertops feature a ⅛-inch-thick solid-surface veneer that looks and performs much like standard half-inch-thick solid-surface material but costs about a third less.


Crank open the windows
and recharge with an
afternoon nap.









Janet and Dennis, who are both more than 6 feet tall, didn't want to stoop over low vanities. They prevented this problem by raising the counter height from 30 to 36 inches.

Instead of a large operable window, budget-conscious builders used a fixed-light window between two casements to keep costs in check.

After a day in the sun, Janet and Dennis can change gears and recharge with an afternoon nap in the main-floor master suite. For eyes-open relaxation, a comfy armchair beneath the bedroom window makes an ideal spot for catching up on summer reading.

The all-white bath is elegant and simple, but take a look at the layout (*above*) and you'll see that this space is all about efficiency. It features two sinks, a separate shower and tub, and just the right amount of elbow-room. It's sure to shorten the time it takes to get cleaned up after an exciting day outside.

The master bath can also serve as a getaway within a getaway, with swirling water and summer breezes to revitalize parents at the end the day.

A summer sunset can add a little romance... even to a family vacation.





The deck serves as an extension of the living space inside and wraps all the way around the rear corners of the house. It offers plenty of room for youngsters to romp while young adults soak up the sun. It can be accessed from the kitchen, dining room, or side yard.

The prospect of owning a vacation home may seem like a dream that's out of reach, but a number of options—in both financing and property management—help make it more practical.

Finding a resort that will manage the property is one of these options. At The Homestead, the resort markets and rents the houses and splits rental revenues with the owners. This helps cover the mortgage. Another option is sharing the financial burden (and the space) with another family. Other people prefer to buy a town house or condominium, keeping the investment to themselves but reducing the up-front costs of building a whole house.

If you're considering investing in a resort home, consider renting one first. You'll be able to check out the resort's financing and managing strategies at no risk and enjoy a family vacation at the same time.

PROJECT CONTRIBUTORS: **ARCHITECT:** COMMUNITY DESIGN, INC. **BUILDER:** PAUL MAUER CONSTRUCTION. **KITCHEN DESIGN:** RANDY KYES. **LAMINATE FLOORS:** PERGO. **APPLIANCES:** FRIGIDAIRE.

Buying information, page 100







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PERFECT 10

For Master Baths

Perfection in bath design isn't just a matter of style. It isn't only about hard-edged contemporary, lacy Victorian, or precisely trimmed traditional. A flawless design scores a perfect 10 if it anticipates your every need by mastering the 10 elements common to winning baths. Few rooms follow every one of these rules, but each of the three baths in the pages ahead earns medals on several counts.

by Steve Cooper



1

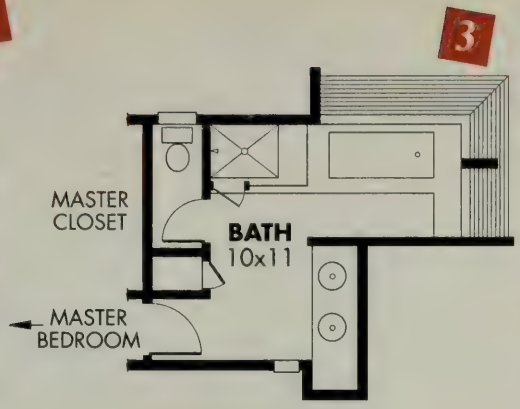
Bath with a View

A landscape of grassy rolling hills just north of San Diego, California, inspired the glassy openness of this bathroom, designed for Sandy and John White. They soak up the vista as they enjoy sunny bathing experiences. Their bath exemplifies these design rules.

1 **Tubs help you soak your blues away.** Whether a tub is a claw-foot, a home-center special, or a tiled lounging pool, as the Whites' is, its positioning is a critical design decision. There must be enough floor space around it to accommodate drying. But don't overlook the relaxation factor. The Whites snuggled their tub against the windows so they can soak and daydream. They were also smart to put the faucet where their feet, rather than their backs, will rest.

While most tubs are made in factories, some are still built on-site with ceramic tile.





2 **Faucets should have silky smooth action and gleaming finishes.** The pleasure principle applies to faucets: get models that make you feel good. No one wants annoying drips, stifled water pressure, or corroding finishes. Look for faucets with smooth, precise handle action, drenching flow, and finishes that are glistening and durable.

3 **Put master closets within easy reach.** A master suite arrangement puts the bedroom, closet, and bathroom together so daily preparations can be handled in orderly fashion. A door between the closet and bathroom will stop moisture from invading.

4 **Stand-alone showers make for bracing morning experiences.** Showers and tubs should be separate units, if possible, particularly if tubs have irregular shapes. Most separate showers give you enough space for leisurely dousing. Add a bench for a place to prop yourself.



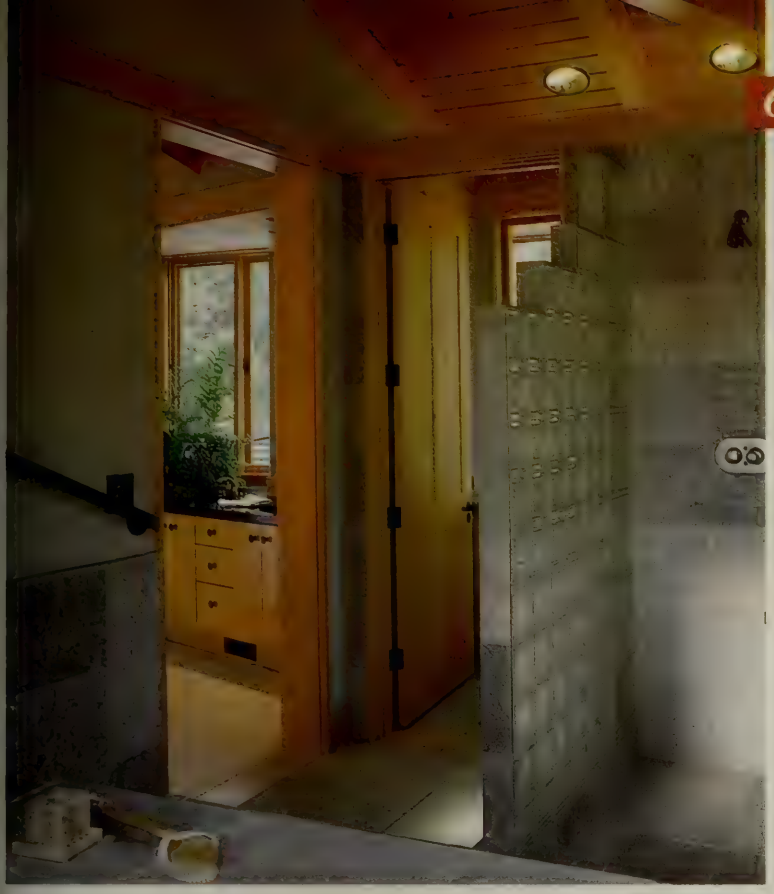


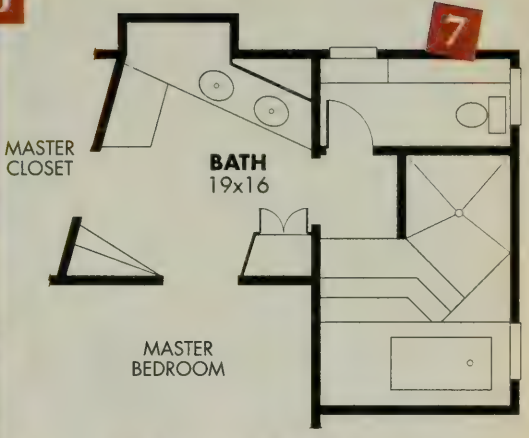
Carpeting near sinks may be a vanity, but it's a sin on surfaces near the tub.

Whispers of the Orient

The couple for whom this bath was designed wanted it to suggest the austerity and understatement of Japanese style. The room serves as an example of four other universal bath concepts.

5 **Cabinets offer smart storage solutions with a touch of elegance.** Install cabinetry built to a height you find comfortable—most vanities are too low. Drawers should be deep to handle plenty of gear. An open shelf for towels is convenient, too (see *page 163*).





Glass block is back in favor for shower walls because it can be adapted to so many styles.



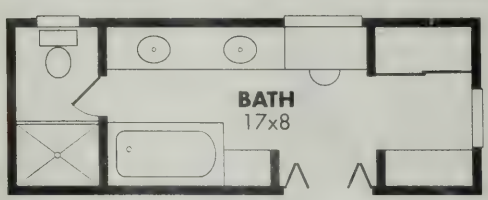
6 **Surfaces glisten glamorously while keeping moisture in its place.** Hard surfaces, such as this cool quartzite tile and glass block, are durable, won't be damaged by water, and resist mold and mildew. Alternatives include ceramic tile and solid-surface countertop material.

7 **Clear the air with proper ventilation.** Adequate ventilation is a must to avoid a musty bathroom. Separate fans service the shower/tub area and toilet compartment.

8 **Open rooms to light with sizable windows.** Big windows are always nice, but big windows that open are better for fresh-air soaks. Bathrooms need high-quality windows that are built to withstand moisture. Never install windows where they will be hit by an inside rain of shower water.



Buying information, page 101



Wall-mounted lights and overhead fixtures work together to cut down shadows.

Practically Tiled

The remodeled bathroom in Linda Kaufman's 1935 house illustrates a couple of design points. 9 **Twin basins manage morning traffic without fuss.** Two vanity bowls are a necessity when two busy people are both getting ready for their day at the same time.

10 **Vanity seating is practical as well as cosmetic.** Many of us need a table in the bathroom where we can prepare for public appearances. ⌂



Millwood CREEK®





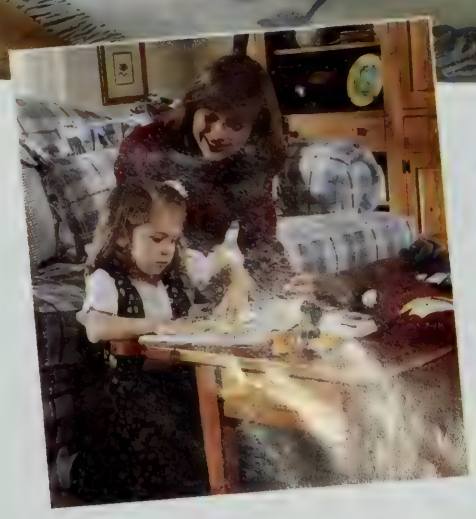
*Cylinda and Larry Hazen wanted a fresh new look for their bedroom, and e clean, Shaker-inspired Millwood Creek® collection by Broyhill was just the swer. Now, the master bedroom offers a comfortable escape for the two of em and a cozy, climb-aboard invitation for little Melissa and sister Heather. ie Pencil Post Bed, $650**, with Canopy, $125, strikes a handsome silhouette, id the hand rubbed honey pine finish is a warm complement to Cylinda's ntique quilt and pillow collection. The Door Chest, $840, converts to house a V. Also shown, Night Stand, $275, and Bed Steps, $125. For families starting or starting over, Millwood Creek is* great furniture — any way you look at it.®

Queen size bed shown. King available. Matching rails also available

Broyhill

Not a 'don't touch' mom, Cylinda has created a living room meant to be lived in as her little girls grow. But smart looks are important too. The oversized, rolled arm plaid Sofa, $899 - $999*, comes with five cushiony pillows including the whimsical envelope style and mix and match florals. The sofa's crisp blue-sky plaid sets off the honey pine finish of the Dropleaf Cocktail Table, $305, and Dropleaf End Table, $280.

**Upholstered pieces are also available in other fabrics. Prices vary according to fabric selection. Pillows included in price of sofa.*



Cylinda stores a vast collection of video games and movies behind paneled doors while Larry organizes a wealth of electronic equipment in the impressive five piece wall unit, below. The center Entertainment Unit, $1240, features pocket doors which slide out of sight, and houses a large screen TV, multiple VCRs, video games and audio components. For additional storage, the Hazens added a lighted Open Unit, $440; Door Unit, $665, and Corner Units, $365 each.



Millwood CREEK®



Cylinda knows these are the years her family will treasure and she's chosen Millwood Creek® for no-fuss, stylish living. Whether she and Larry are entertaining friends or curling up with the girls for a movie, the timeless good looks of this Broyhill collection say welcome home.

Both the classic plaid Sofa, $999 - $1099*, and medallion print Arm Chair, $599 - $649*, recline with the touch of a recessed lever. And, because wallsaver recliners shift forward, pieces can sit close to the wall. Side-By-Side Entertainment Center, $1000, is yet another smart option for electronic storage; casters make for easy placement. Pocket doors reveal a TV, shelves behind glass doors are adjustable, and lower drawers store Heather's and Melissa's games and movies. Cocktail Table, $270; Commode End, $270, and Chairside Chest, $305.





Who's teaching whom? Heather and Larry are equally at ease at this easy access Home Office Armoire, $940, with Desk Chair, $415. The armoire is nicely scaled and turns any space into an instant office. Engineered with plenty of room for printer and CPU, the armoire also features sliding keyboard and lower shelf.

Cylinda accessorized her dining room for grown-up fun. When grandparents arrive, the Harvest Farm Table, $615, with apron leaves, extends to seat eight. Ladderback Arm Chairs, $200 each, and Ladderback Side Chairs, $175 each. The lighted China, $1375, brightly displays Cylinda's collection of colorful china and features shaped wooden pulls, H-hinges, drop-in silverware tray and curio ends.

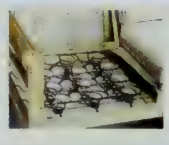
Broyhill®



This dramatic queen size Sleigh Bed, $765, may someday belong to Melissa, but for now it beautifully accents Cylinda's guest room. Door Triple Dresser, $850; Framed Landscape Mirro $225, and Night Stand, $275, complete the ensemble. Cylinda uses the classic Blanket Chest, $500, with storage drawers and lift top as a hope chest for her girls (Larry's hope? The next child will be a boy!)



The Broyhill Difference



Double-cone coils deliver additional spring action for upholstered furniture pieces and are part of the reason behind the Broyhill reputation for durability.



Chair bottoms are constructed with four corner blocks and are then securely fastened with wood screws to guarantee structural durability.



Table legs are bolted, glued and further supported with corner bracing to ensure greater stability and increased strength.



Look in the top drawer or under seat cushion and make sure it's Broyhill.

Look In The Drawer & Make Sure It's Broyhill

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food

Nibbles and Noshes

Let your kids lend a hand at snack time, creating fun and simple treats from favorite foods such as peanut butter, cheese, and fresh fruit. Kids like the adventure; parents, the nutritious results.

Strawberry Grahams: Spread soft-style cream cheese with strawberry over graham crackers. Top with sliced strawberries or sliced almonds.

Grilled Cheese Stars: For each sandwich, use a star-shaped cookie cutter to cut 2 slices of bread and 1 slice cheese into stars. Spread one side of each bread star with margarine or butter. Place one bread star, margarine side down, in a skillet. Top with cheese star and the other bread star, margarine side up, making sure the points on the bread and cheese line up. Cook over medium heat till bottom is golden. Flip and cook other side till golden and cheese is melted. P.S. The bread and cheese scraps make tasty snacks too.

Banana Boat: Cut the stem end off of a ripe banana. Split the banana lengthwise through the top peel but not through to the other side. Ease the banana pocket apart and spread with peanut butter. Sprinkle with raisins or miniature chocolate chips and gently squeeze the banana back together. Peel and slice banana into bite-size chunks.

Wafflewich: Toast a frozen waffle and cut it in half. Spread one half with peanut butter and jelly, cream cheese and raisins, or your favorite sandwich filling; cover with the other waffle half.

Homemade Pop: Set a container of frozen orange, grape, or cranberry juice cocktail concentrate on the counter for 10 minutes or till easy to scoop. Spoon ¼ cup concentrate into a tall glass. (Cover and freeze leftover concentrate for another use.) Fill glass with chilled carbonated water and ice. Stir to mix.

Fruit and Fudge Dippers: Stir together equal amounts of fudge ice-cream topping and strawberry or raspberry yogurt. Use as a dip for fresh fruits such as apple or pear wedges, strawberries, grapes, or banana chunks.



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Zoomy New Windows

by Steven Mumford

Windows can add character to a new or remodeled home, turning an ordinary project into a neighborhood showplace. They also can solve tough design problems and reduce energy costs. And because they are such high-visibility architectural elements, choosing the right windows is bound to deliver big impact. Following are three products that will change the way you look outside while making dramatic style statements to those who pass by.



Want more than a view? Make a design statement with Andersen's "Art Glass Collection," featuring the designs of Frank Lloyd Wright. They're snap-in units that fit inside stock windows. Choose from four intricate art glass designs (Colonade shown *right*) showcasing Wright's signature geometric shapes in stained glass. For information, call 800/426-4261.



Do you have a view too beautiful to be interrupted by the corner of a room? Maybe it's time to look into Pella's CornerView Windows. They bring the outside in without splitting the view. Mitered insulating glass is available in three standard sizes with wood and aluminum-clad exterior finishes. For information, call 800/84-PELLA.



Like the style—but not the cost, inconvenience, and energy inefficiency of divided-light windows? Hurd Divided Light windows provide the pleasing look of traditional divided lights without the problems of multipane windows. Traditional muntins are simulated by adhering grilles to the interior and exterior of the windows along with an aluminum spacer between the two panels of glass. For information, call 800/2BE-HURD.

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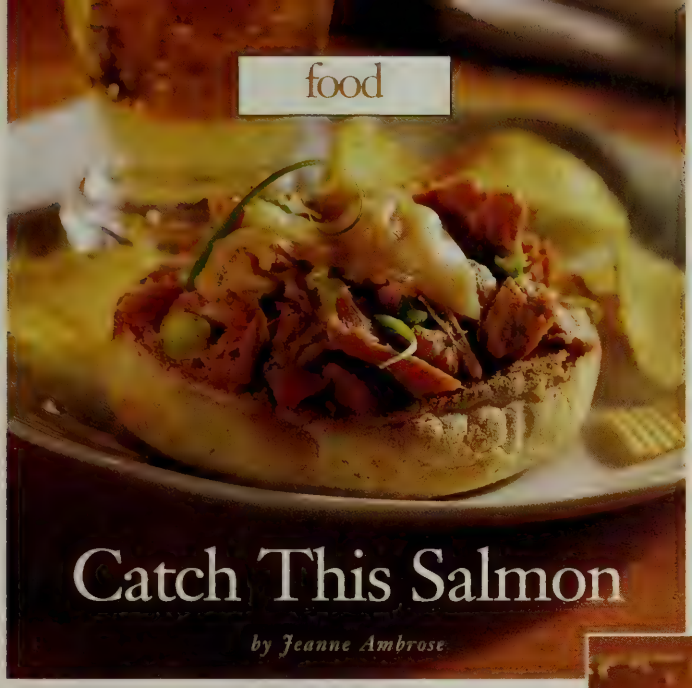
Bertolli Insalata di Noci Ciccati

3 Tbsp. Bertolli Extra Virgin Olive Oil
2 Tbsp. chopped walnuts
1 Tbsp. mild red wine vinegar (or fresh lemon juice)
Freshly ground black pepper to taste
6 cups torn mixed salad greens (select at least 3: arugula, curly endive, radicchio, romaine)
1/2 cup thin strips yellow or orange bell pepper
1/2 cup finely sliced, trimmed fresh fennel, when in season
1/8 tsp. salt
Parmigiano-Reggiano cheese for shaving over the salad (optional)

1. Combine the olive oil and walnuts in a small skillet. Heat, stirring over very low heat just until walnuts are warm. Remove from the heat. Stir in the vinegar or lemon juice, salt and pepper.
2. Combine the salad greens with the bell pepper and fennel (if available) in a salad bowl. Add the walnut dressing and toss the salad well. Divide the salad among four plates. Optional, using a vegetable peeler, peel wide strips of the Parmigiano-Reggiano over each salad. Garnish with additional walnut pieces. Serves 4.

IF YOU WANT IT TO BE BET
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Catch This Salmon

by Jeanne Ambrose

It's easy to get hooked on canned salmon, a pantry staple that can be called into service for a quick appetizer or casual meal. There are health benefits, too. The canned fish, including its tiny, soft, edible bones, is a good source of potassium, phosphorus, and calcium. Salmon is full of fish oil, too, which studies show reduces cholesterol and the risk of heart disease.

Here are two recipes that are sure to reel in plenty of compliments from your family.

Open-Faced Salmon Melt

When you find yourself fishing around for a quick-to-fix lunch, reach into the pantry for a can of salmon and toss together this calcium-packed treat.

- 1 7½-oz. can salmon, drained and flaked
- 3 Tbsp. creamy Dijon-style mustard blend
- 1 Tbsp. thinly sliced green onion
- ½ tsp. lemon juice
- ⅛ tsp. pepper
- 2 bagels or English muffins, cut in half and toasted
- 4 slices mozzarella cheese
- Green onions (optional)

In a small bowl stir together salmon, mustard, sliced green onion, lemon juice, and pepper. Spread the salmon mixture on toasted bagel or English muffin halves. Top each sandwich with a slice of mozzarella cheese and broil about 4 inches from heat for 1½ to 2 minutes or till the cheese is melted and bubbly. If desired, garnish the open-faced sandwich with green onion curls. Makes 4 servings.

Nutrition facts per serving: 278 cal., 11 g total fat (4 g sat. fat), 39 mg chol., 765 mg sodium, 22 g carbo., 0 g fiber, 22 g pro. Daily Values: 8% vit. A, 1% vit. C, 28% calcium, and 12% iron.

Salmon Burgers

This salmon and carrot combination supplies you with plenty of vitamin A.

- 1 beaten egg white
- 1 Tbsp. milk
- 4 tsp. snipped fresh basil or ¾ tsp. dried basil, crushed
- ⅛ tsp. pepper
- 1 6-oz. can skinless, boneless pink salmon, drained and flaked
- ½ cup finely crushed wheat crackers
- 1 small carrot, finely shredded (¼ cup)
- 2 to 3 Tbsp. yellow cornmeal
- 1 Tbsp. cooking oil
- 3 hamburger buns, split and toasted



- Tomato slices (optional)
- Red onion, thinly sliced (optional)
- Mayonnaise (optional)
- Lemon wedges (optional)

Combine egg white, milk, basil, and pepper. Add salmon, wheat crackers, and shredded carrot; mix well. Shape salmon mixture into three ¾-inch-thick patties. Coat patties with cornmeal.

In a skillet cook the patties in hot oil over medium-low heat about 6 minutes or till golden brown, turning once. Serve on toasted buns with tomato, onion, and mayonnaise, if desired. Serve with lemon wedges, if desired. Makes 3 servings.

Nutrition facts per serving: 509 cal., 27 g total fat (4 g sat. fat), 30 mg chol., 688 mg sodium, 48 g carbo., 3 g fiber, 19 g pro. Daily Values: 37% vit. A, 6% vit. C, 16% calcium, and 16% iron.

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Play it by eye, focusing lights on entrances, garages, and outbuildings. There should be enough light that you can read your watch. Often several low-level lights are more effective than a single floodlight.

Incandescent spotlights and high-intensity discharge lights can wash areas with lots of light. Floodlights should either be pointed down from the eaves or up toward the house.

In addition to conventional-switch lighting, there are a number of products available that will automatically turn your lights on and off. Some of them include:

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Our Best RECIPES

summer sizzlers p.172

Hot times, hot grills! Ten of our all-time best barbecue recipes

PLUS, *Readers' Prizewinning Recipes Shrimp and Seafood Ideas and Pasta Salads p.213*



Peanut Ginger Chicken

Recipe begins on page 186

PHOTOGRAPHS: WILLIAM STITES. FOOD STYLIST: DORA JONASSEN. PROP STYLIST: NANCY HOPKINS

summer sizzlers

Our all-time grilled favorites are still hot.

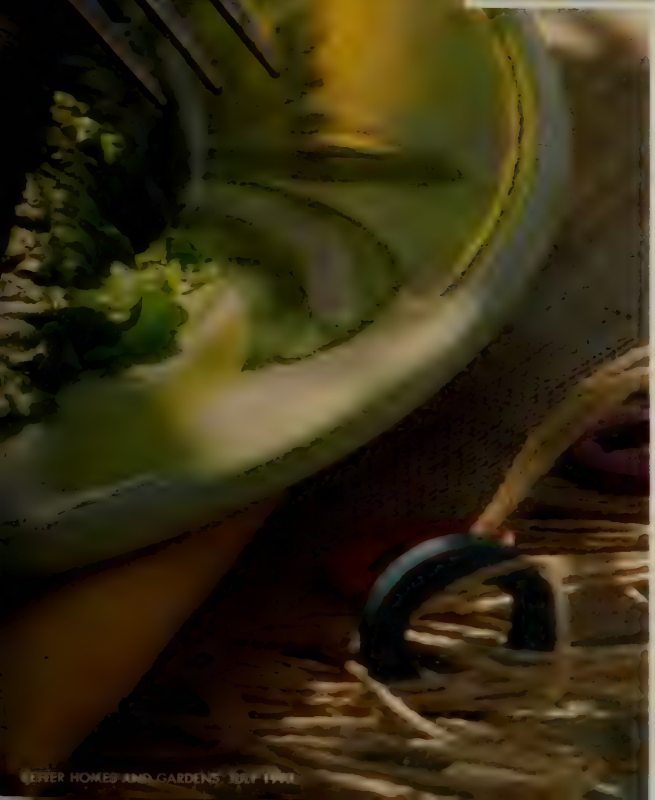
Since pioneering the family barbecue in 1941, we've brought you scores of great grilling recipes.

Now enjoy the best of the outdoor cooking that has kept readers fired up for six decades.

by David Feder









Tropical Fiesta Steak

1 9 9 2

A prizewinner five years ago, this marinated grilled steak is a blue-ribbon winner for today, too. Slice the meat thin and nestle it on a bed of crisp lettuce with chilled salsa, grilled sweet onions, and yams.

Indonesian Saté

1 9 8 2

Fifteen years ago, more exotic Asian dishes began to appeal to our increasingly global tastes. Indonesian-style beef, lamb, and chicken skewers with peanut sauce, served here on rice pilaf with grilled sugarcane, bring an exciting world of flavors to your backyard barbecue.

Recipes begin on page 187







Honey Barbecued Broilers

1 9 6 8

In the 1960s, readers marched to their backyards with forks and tongs held high and experimented with new flavor ideas. But they stuck to some basics, too, such as southern-style, honey-glazed chicken.

Rock Lobster Tails

1 9 7 1

We first ran this recipe in a column titled "He Cooks." Could the fire that lit the Women's Liberation movement of that year been started on the grill? Times may have changed a lot since then, but this great recipe needed little tweaking to bring it up to date.

Recipes begin on page 188

BETTER HOMES AND GARDENS, BEST EVER

summer sizzlers

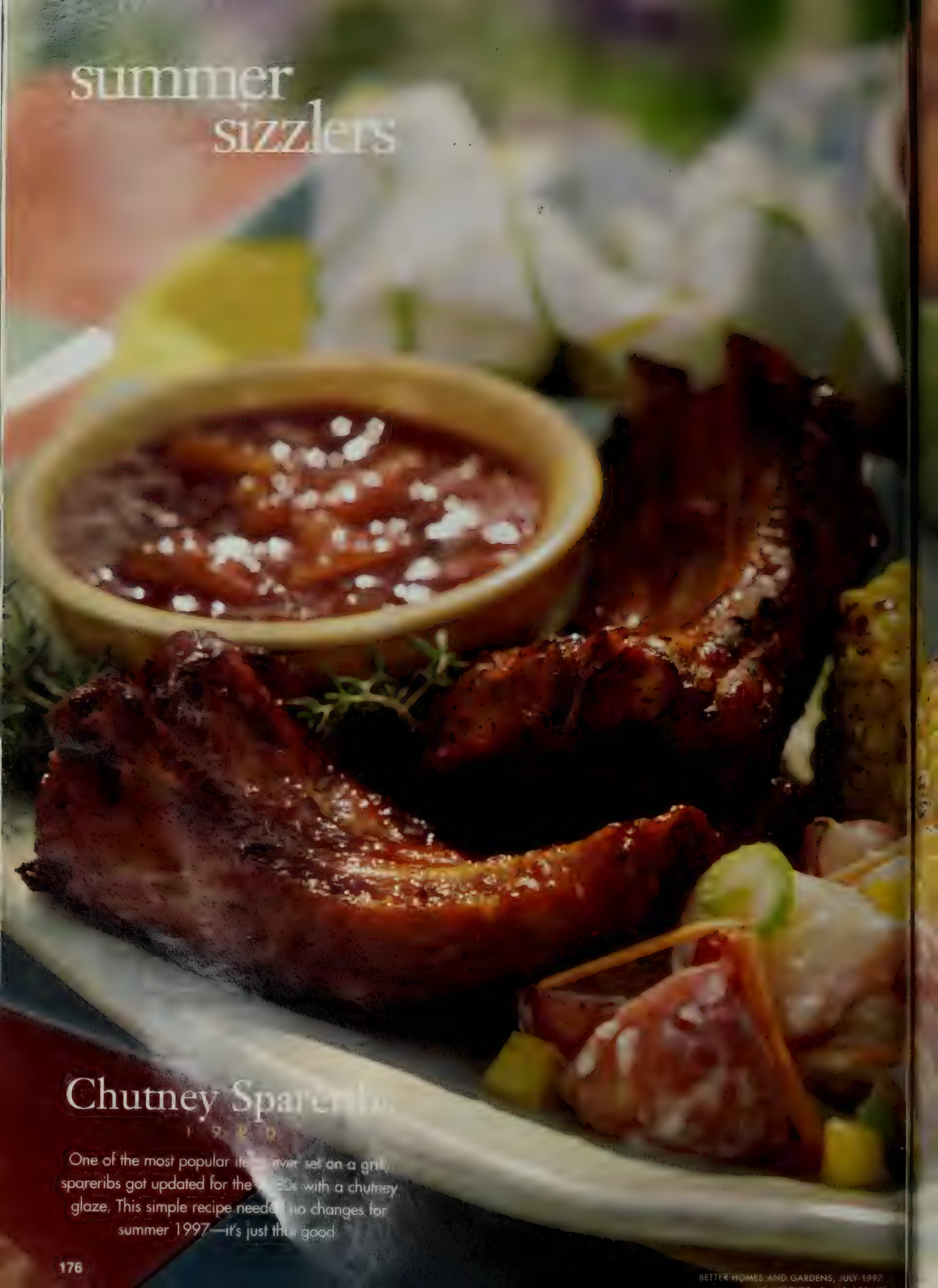


Speedy Salmon Fillet

1987

The quick-and-healthful trend influenced barbecue a decade ago, when readers requested recipes "fancy enough for friends, yet fast enough for family." Salmon fits these requirements perfectly. Grilled vegetables are a fitting accent for this light approach to outdoor cooking.

summer sizzlers



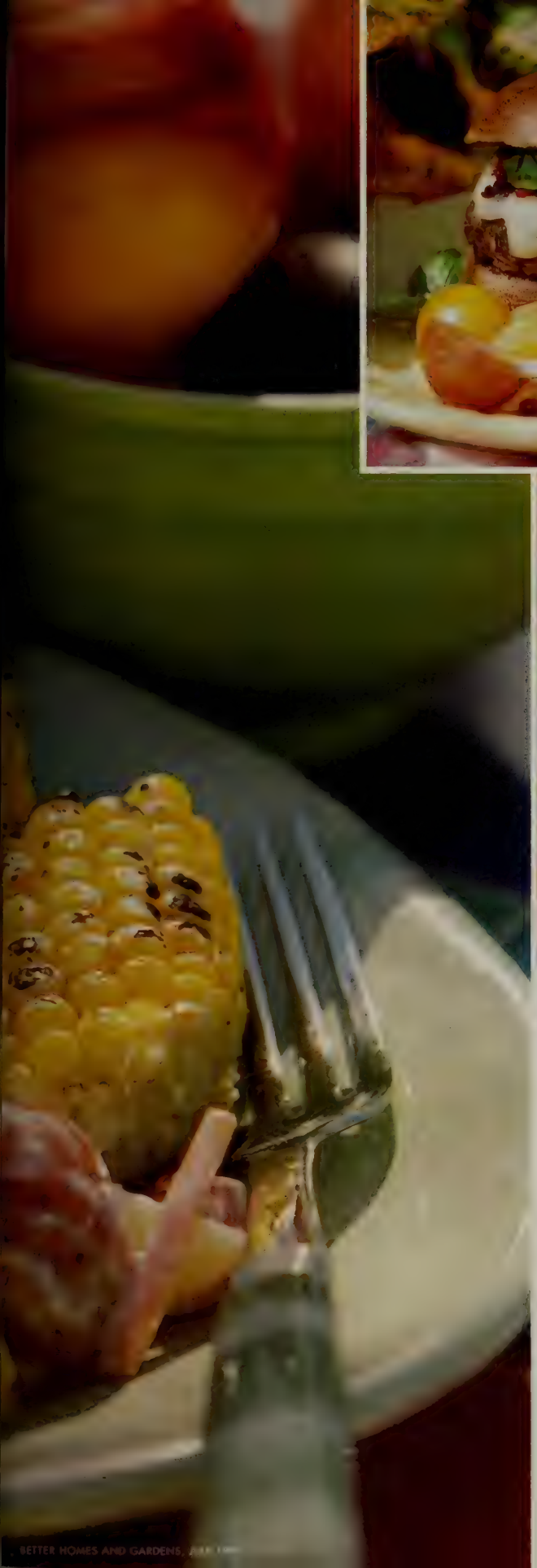
Chutney Spareribs

1990

One of the most popular items ever set on a grill, spareribs got updated for the '90s with a chutney glaze. This simple recipe needed no changes for summer 1997—it's just that good.







Outdoor Burger

1 9 5 9

The all-American hamburger of the 1940s was spruced up in 1959 with hot toasted buns and cool relish. We've revamped it again—with basil and melted mozzarella cheese—and made it 50 years young.

Curried Sea and Shore Kabobs

1 9 8 3

The meat and seafood combination of the 1980s wed pork with shrimp. Recreated here with less sweet and more spice, it's a "surf and turf" that sizzles.

Recipes begin on page 190

summer sizzlers



Mustard Chicken Barbecue

1967

This longtime favorite featuring mustard and molasses proves our readers were hip to sweet and tangy mustard combinations long before honey dijon became the rage.

Recipe begins on page 195

If life is a Rocky Road, at least it's now fat free.

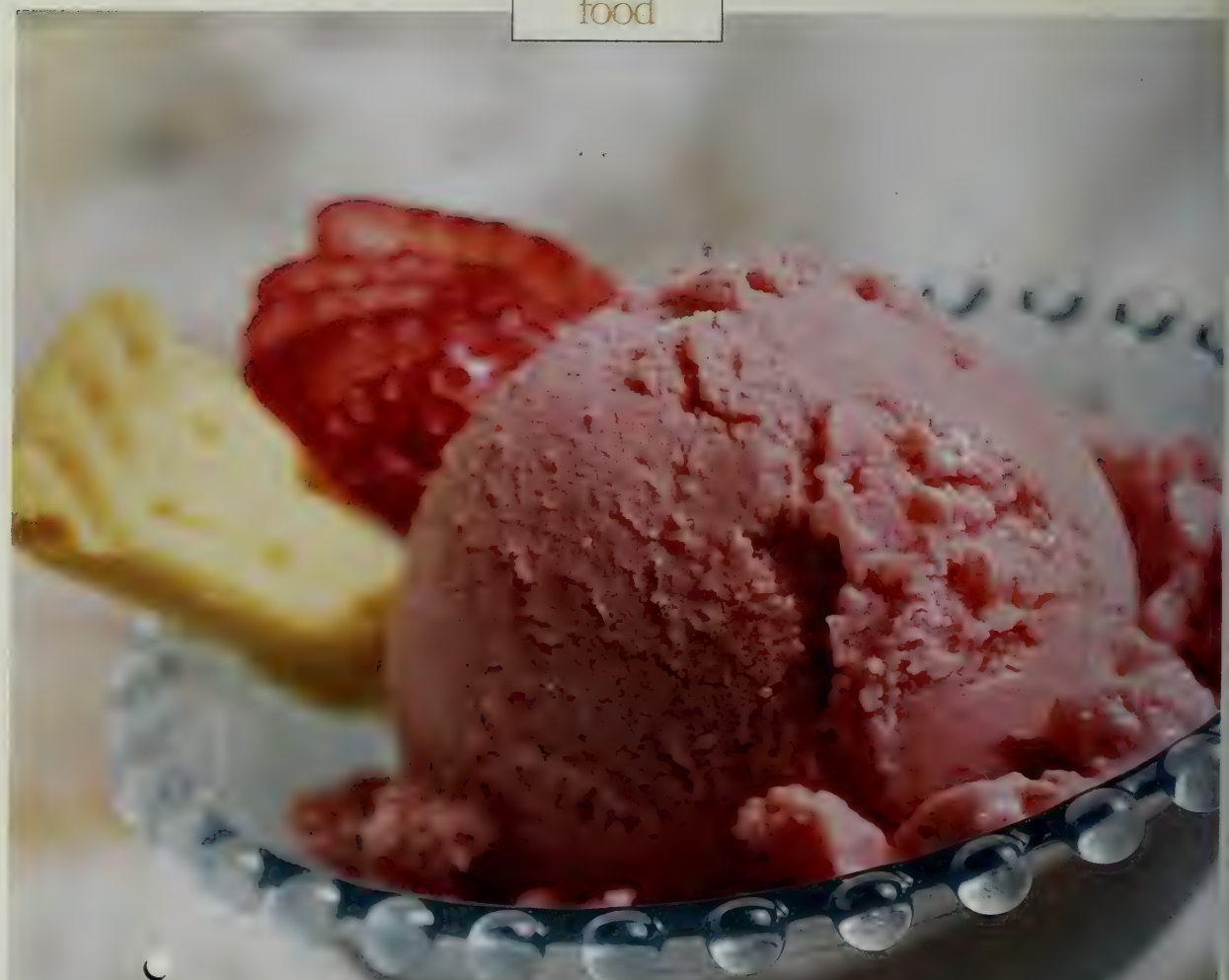


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by Richard Swearinger and Joy Taylor

STRAWBERRY GELATO

Conjure up the flavor of sun-warmed fields of berries with this favorite from 1990.

See recipe, page 200

PHOTOGRAPHS: ANDY LYONS. FOOD STYLIST: LYNN BLANCHARD. PROP STYLIST: NANCY HOPKINS

On the advantages of owning a spoon.



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ROCKY ROAD

A reader's version of a classic from July 1953 (*above*) still pulls its disappearing act today.

BUTTER PECAN

Candied pecans cast a powerful spell over smooth caramel-flavored ice cream from 1985 (*left*).

Recipes begin on page 200

our best ice cream



LIME AND LEMON ICE CREAM

When summer's heat is fierce, double citrus from June 1992 works its wizardry on wilted weekend warriors.



On a warm summer day, nothing's more refreshing than a cool dessert topped with Reddi-wip® whipped cream.

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A spellbinding taste of the carnival midway from July 1974 (*right*).

Make friends materialize when you serve this classic from October 1967 (*below*).

Recipes begin on page 202







our best
ice cream

MIRACLE MOCHA CHIP and TOASTED ALMOND

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Summer Sizzlers

continued from page 178

Peanut Ginger Chicken

East meets West when we pair this Asian-style chicken with chilled fruit salsa and a napa cabbage slaw.

- 12 chicken thighs (about 3 lb.)
- ½ cup water
- ½ cup creamy peanut butter
- ¼ cup bottled chili sauce
- ¼ cup soy sauce
- 2 Tbsp. salad oil
- 2 Tbsp. vinegar
- 4 cloves garlic, minced
- 1 Tbsp. grated gingerroot or ¾ tsp. ground ginger
- ¼ to ½ tsp. ground red pepper
- 1 cup chopped fresh fruit, such as peeled peaches, nectarines, pears, or plums
- 1 cup chopped, seeded cucumber
- 2 Tbsp. thinly sliced green onion
- 1 Tbsp. sugar
- 1 Tbsp. salad oil
- 1 Tbsp. vinegar
- 1 recipe Napa Cabbage Slaw (optional)
- Peach, nectarine, pear, or plum wedges (optional)

Rinse chicken and remove skin, if desired. Pat chicken dry with paper towels. Place the chicken in a plastic bag set in a shallow bowl.

For marinade, in a medium mixing bowl gradually stir water into peanut butter. (The mixture will stiffen at first.) Stir in chili sauce, soy sauce, the 2 tablespoons salad oil, the 2 tablespoons vinegar, the garlic, gingerroot or ginger, and red pepper. Pour over chicken. Seal bag; turn to coat chicken with marinade. Chill for 12 to 24 hours; turn occasionally.

For salsa, in a medium mixing bowl combine chopped fruit, cucumber, green onion, sugar, the 1 tablespoon oil, and the 1 tablespoon vinegar. Cover and chill for 1 to 2 hours.

In a grill with a cover, arrange medium-hot coals around a drip pan. Test for medium heat above the pan.

(See tip box, *page 192.*) Remove chicken from marinade; discard marinade. Place chicken on the grill rack over the drip pan but not over the coals. Cover and grill chicken for 50 to 60 minutes or till no pink remains. Spoon salsa onto plates and serve chicken on salsa. Serve with Napa Cabbage Slaw on the side and garnish with fruit wedges, if desired. Makes 6 servings.

Napa Cabbage Slaw: In a large mixing bowl combine 3 cups finely shredded napa cabbage, 1 cup finely shredded bok choy, and 2 to 3 tablespoons of very thin red sweet pepper strips. In a small mixing bowl stir together ¼ cup seasoned rice vinegar or white vinegar and 1 tablespoon toasted sesame oil; immediately toss with the salad mixture. Makes 6 side-dish servings.

Nutrition facts per serving of chicken and salsa: 455 cal., 30 g total fat (7 g sat. fat), 103 mg chol., 715 mg sodium, 12 g carbo., 2 g fiber, 34 g pro. Daily Values: 10% vit. A, 8% vit. C, 2% calcium, 14% iron.

Tropical Fiesta Steak

For a quick side dish, partially cook 2 medium yams, let cool, then cut into ½-inch-thick slices. Grill with onion wedges for 7 to 9 minutes on each side.

- ¼ cup frozen orange juice concentrate, thawed
- 3 Tbsp. cooking oil
- 2 Tbsp. honey
- 1 Tbsp. spicy brown or Dijon-style mustard
- 1 Tbsp. sliced green onion
- 1 tsp. snipped fresh mint or ¼ tsp. dried mint, crushed
- Several dashes bottled hot pepper sauce
- 1½ lb. boneless beef sirloin steak, cut 1 to 1½ inches thick
- ½ cup chopped red sweet pepper
- ½ cup chopped red apple
- ½ cup chopped pear
- ½ cup chopped, peeled peach
- ¼ cup chopped celery
- 2 Tbsp. sliced green onion
- 2 tsp. lemon juice
- Romaine leaves (optional)
- Grilled sliced yams (optional)
- Grilled red onion wedges (optional)

For marinade, in a small mixing bowl stir together orange juice concentrate, cooking oil, honey, mustard, 1 tablespoon sliced green onion, mint, and hot pepper sauce. Set aside ¼ cup of the mixture to make the relish; cover and chill till needed. Place the steak in a plastic bag set in a shallow bowl. Pour the remaining marinade over meat. Seal the bag and turn to coat the meat with marinade. Chill for 12 to 24 hours, turning the bag occasionally.

For relish, in a medium bowl combine reserved ¼ cup marinade, sweet pepper, apple, pear, peach, celery, the 2 tablespoons green onion, and the lemon juice. Cover and chill till serving time, up to 24 hours.

Remove the steak from the plastic bag, reserving marinade. Grill steak on the rack of an uncovered grill directly over medium coals to desired doneness, turning once and brushing occasionally with marinade till the last 10 minutes of grilling. Allow 18 to 22 minutes for medium doneness for a 1-inch-thick steak or 36 to 40 minutes for medium doneness for a 1½-inch-thick steak.

To serve, bias-slice steak into thin strips; arrange on romaine leaves, if desired. Top steak with fruit relish. Serve with yam slices and onion wedges, if desired. Makes 6 servings.

Nutrition facts per serving: 300 cal., 16 g total fat (5 g sat. fat), 76 mg chol., 91 mg sodium, 13 g carbo., 1 g fiber, and 27 g pro. Daily Values: 8% vit. A, 51% vit. C, 1% calcium, and 20% iron.

Indonesian Saté

Saté (pronounced sah-TAY), grilled skewers of meat served with peanut sauce, is an Indonesian favorite often served as an appetizer.

- 1 lb. boneless beef round steak or sirloin steak, cut into 1½-inch cubes

continued on page 188

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Summer Sizzlers

continued from page 187

- 1 lb. lean boneless lamb, cut into 1½-inch cubes
- 8 oz. skinless, boneless turkey breast, cut into 1½-inch cubes
- 1 cup purchased unsweetened coconut milk
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 2 tsp. dry mustard
- 2 tsp. ground coriander
- ½ tsp. ground turmeric
- ¼ tsp. salt
- ¼ tsp. ground cumin
- 10 green onions, trimmed and each cut into 4 pieces
- 1 recipe Peanut Sauce (see recipe, *right*)
- Hot rice pilaf (optional)
- Grilled split sugarcane* (optional)

Place cubed meat and turkey in a plastic bag set in a shallow bowl. For marinade, in a mixing bowl combine coconut milk, onion, garlic, dry mustard, coriander, turmeric, salt, and cumin; mix well.

Pour over meat; seal the bag. Marinate several hours or overnight in refrigerator, turning the bag occasionally. Drain, reserving marinade. On twenty 8-inch skewers (see photo, *right*), alternately thread meat, turkey, and green onion pieces.

Grill on rack of uncovered grill directly over medium-hot coals for 12 to 16 minutes for medium doneness for beef and lamb and till no pink remains in turkey; brush with marinade during first half of grilling and turn once. Serve with Peanut Sauce and pilaf, if desired. Garnish plate with sugarcane, if desired. Makes 10 main-dish servings.

Nutrition facts per serving, without sauce: 189 cal., 9 g total fat (6 g sat. fat), 62 mg chol., 108 mg sodium, 2 g carbo., 0 g fiber, 23 g pro. Daily Values: 2% vit. A, 4% vit. C, 1% calcium, 15% iron.

**Note:* To grill sugarcane, saw the cane into 2- to 3-inch sections, then very carefully split each section lengthwise with a sharp knife. Spray open side lightly with nonstick spray coating and grill, split side down, for 1 to 2 minutes.

Peanut Sauce

Some like it hot! If you want to turn up the "burn" on this peanut sauce recipe, stir in a little ground red pepper to taste.

- 2 Tbsp. sliced green onion
- 1 clove garlic, minced
- ¾ cup reduced-sodium chicken broth or beef broth
- 1 Tbsp. reduced-sodium soy sauce
- ½ tsp. finely shredded lemon peel
- 1 Tbsp. lemon juice
- 1 to 1½ tsp. chili powder
- ½ tsp. brown sugar
- ⅓ cup peanut butter
- 1 Tbsp. grated gingerroot or ¾ tsp. ground ginger
- Purchased unsweetened coconut milk (optional)

In a small saucepan cook green onion and garlic in the broth, covered, about 2 minutes or till onion is tender. Add soy sauce, lemon peel, lemon juice, chili powder, and brown sugar. Bring to boiling; reduce heat.

Simmer sauce, uncovered, for 5 minutes, stirring the mixture frequently. Stir in the peanut butter and the gingerroot or ginger; let mixture heat gently through, without boiling.



If using bamboo skewers, keep them from catching fire or charring by soaking them in water for at least 30 minutes before use.

Thin sauce with a little unsweetened coconut milk, if desired. Serve at room temperature. Cover and refrigerate the peanut sauce to store. Makes about 1½ cups.

Nutrition facts per tablespoon: 35 cal., 3 g total fat (1 g sat. fat), 0 mg chol., 90 mg sodium, 2 g carbo., 0 g fiber, 2 g pro. Daily Values: 0% vit. A, 1% vit. C, 0% calcium, 0% iron.

Honey Barbecued Broilers

This simple barbecue recipe from nearly 30 years ago has been updated slightly to reduce the fat and intensify the flavor.

- 1 2½- to 3-lb. broiler-fryer chicken, quartered
- 4 cloves garlic, minced
- 1½ tsp. dried marjoram, crushed
- 1 tsp. dry mustard
- ¼ tsp. salt
- ¼ tsp. freshly ground pepper
- 2 Tbsp. honey
- 2 Tbsp. balsamic vinegar
- Torn mixed greens (optional)

Rinse chicken quarters and remove skin, if desired. Pat chicken dry with paper towels. Stir together garlic, marjoram, mustard, salt, and pepper; rub mixture into chicken pieces. Combine honey and vinegar; lightly brush over entire surface of chicken pieces. Cover chicken and refrigerate for at least 2 hours.

In a grill with a cover, arrange medium-hot coals around a drip pan. Test for medium heat above the pan. (See tip box, *page 192.*) Place chicken pieces, bone side down, on the grill rack over the drip pan. Cover and grill for 50 to 60 minutes or till chicken is tender and juices run clear, adding more coals as necessary to maintain heat. Serve grilled chicken pieces on a bed of torn mixed greens, if desired. Makes 4 servings.

Nutrition facts per serving: 316 cal., 15 g total fat (4 g sat. fat), 99 mg chol., 227 mg sodium, 12 g carbo., 0 g fiber, and 31 g pro. Daily Values: 5% vit. A, 4% vit. C, 2% calcium, and 13% iron.

continued on page 190

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Summer Sizzlers

continued from page 188

Rock Lobster Tails

To perk up your lobster picnic, accompany these succulent lobster tails with a lightly dressed coleslaw and serve the lobster with a dilled dipping sauce.

- 4 medium (6 oz. each) fresh or frozen rock lobster tails, thawed
- 1 lemon or lime
- 2 Tbsp. olive oil
- 2 cloves garlic, minced
- 1 tsp. chili powder
- ½ cup light mayonnaise dressing or salad dressing
- 1 tsp. snipped fresh dillweed or ¼ tsp. dried dillweed
- Lemon or lime wedges
- Fresh tarragon sprigs (optional)

With kitchen shears or large sharp knife, cut through center of hard topshell and meat of lobster tail. Do not cut through undershell. Spread tails open, butterfly style, to expose meat on top. (See photo, *right.*) Set lobster aside.

Finely shred lemon or lime to make ½ teaspoon peel; set peel aside. Squeeze juice from lemon or lime to make 4 to 5 teaspoons juice. In a small bowl combine half the lemon or lime juice with the olive oil, garlic, and chili powder; brush on exposed lobster meat, reserving extra sauce.

Grill lobster, meaty side down, on the rack of an uncovered grill directly over medium coals for 6 to 10 minutes or till meat is opaque, turning once halfway through cooking and brushing again with remaining sauce. Do not overcook.

Meanwhile, for dipping sauce, in a small bowl combine light mayonnaise dressing or salad dressing, dillweed, peel, and remaining lemon or lime juice. If desired, split lobster tails in half lengthwise. Serve with dill sauce and fresh lemon or lime wedges, if desired. Garnish plate with tarragon sprigs, if desired. Makes 4 servings.

Nutrition facts per serving: 272 cal., 18 g total fat (3 g sat. fat), 78 mg chol., 640 mg sodium, 5 g carbo., 0 g fiber, 22 g pro. Daily Values: 5% vit. A, 4% vit. C, 5% calcium, 3% iron.



Holding the tail away from you, gently insert edge of bottom scissor blade under shell. Snip lobster tail down to tail flap. Pull opened shell apart, breaking ribs on underside of tail. Gently pound tail open with a meat mallet to flatten, if necessary.

Speedy Salmon Fillet

As long as you have the grill going, throw some summer vegetables on, too. You'll find an easy recipe for grilled vegetables on page 197.

- 1½ lb. boneless, skinless fresh salmon fillet or tuna, halibut, or swordfish steaks, cut about 1 inch thick
- 3 Tbsp. lemon juice
- 2 cloves garlic, minced
- 2 Tbsp. snipped fresh basil or 1 tsp. dried basil, crushed
- 1 Tbsp. cooking oil
- 1 Tbsp. soy sauce
- 1 tsp. Worcestershire sauce
- ¼ tsp. pepper
- Ti leaves (optional)*
- Lemon wedge (optional)
- Grilled summer vegetables (see *page 197*) (optional)

Rinse fish; pat dry. In a small mixing bowl combine lemon juice, garlic, basil, oil, soy sauce, Worcestershire sauce, and pepper; brush mixture over fish. Place fish fillets on the rack of an uncovered grill over medium coals or in a greased grill basket, turning thin ends under to make an even thickness.

Grill fillets 4 to 6 minutes per ½-inch thickness or till fish flakes easily when tested with a fork, brushing occasionally with remaining sauce. (If fish is 1-inch or thicker, turn halfway through grilling.)

Serve on ti leaves, with lemon wedge and grilled vegetables, if desired. Makes 6 servings.

Nutrition facts per serving: 130 cal., 6 g total fat (1 g sat. fat), 20 mg chol., 248 mg sodium, 1 g carbo., 0 g fiber, and 16 g pro. Daily Values: 2% vit. A, 9% vit. C, 1% calcium, 6% iron.

**Note:* If using ti leaves, be sure they have not been sprayed or treated in a way that would make them unsafe for contact with food. Wash them thoroughly before using. Ti leaves can be used as garnish and as wrappers for steaming and grilling food. Although they are not toxic, they should not be eaten.

Chutney Spareribs

Our first barbecue story in 1941 dubbed spareribs (see cover photo) "the most satisfactory cut of fresh pork for this type of cooking." Some things never change.

- 3 to 4 lb. meaty pork spareribs or loin back ribs
- Salt
- 1 cup prepared chutney
- ¼ cup bottled chili sauce
- 2 Tbsp. vinegar
- 1 Tbsp. Worcestershire sauce
- 1 tsp. dry mustard
- ½ tsp. onion powder
- Several dashes bottled hot pepper sauce
- 1 recipe Light Potato Salad (see recipe, *page 192*) (optional)
- Grilled corn on the cob pieces (optional)
- Fresh thyme sprigs (optional)

Cut ribs into serving-size pieces. Place ribs in a large pot. Add enough water to cover ribs. Bring to boiling; reduce heat. Cover and simmer about 1 hour or till meat is tender. Drain ribs; sprinkle lightly with salt.

continued on page 192

They'll all want seconds on the fourth!

FLAG CAKE

- 2 pints strawberries
- 1 package (10.75 oz.) frozen SARA LEE® Pound Cake, cut into 10 slices
- 1⅓ cups blueberries
- 1 tub (12 oz.) COOL WHIP® Whipped Topping, thawed

SLICE 1 cup of the strawberries; set aside. Halve remaining strawberries; set aside.

LINE bottom of 12 x 8-inch baking dish with cake slices. Top with 1 cup sliced strawberries, 1 cup of the blueberries and all of the whipped topping.

PLACE strawberry halves and remaining 1/3 cup of blueberries on whipped topping to create a flag design.

REFRIGERATE until ready to serve. Makes 15 servings.



Sara Lee
All Butter Pound Cake

Cool Whip

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Summer Sizzlers

continued from page 190

Meanwhile, chop any large pieces of chutney. In a medium saucepan combine the chutney with the chili sauce, vinegar, Worcestershire sauce, 1 tablespoon water, dry mustard, onion powder, and hot pepper sauce. Cook and stir over medium heat till heated through.

Place ribs, meaty side down, on rack of an uncovered grill directly over medium coals. Grill 10 minutes. Turn ribs meaty side up; brush with some of the chutney sauce. Grill 5 minutes more. Serve with Light Potato Salad and grilled corn on the cob, if desired. Pass remaining warmed chutney sauce. Garnish ribs with fresh thyme sprigs, if desired. Makes 6 servings.

Nutrition facts per serving: 421 cal., 23 g total fat (9 g sat. fat), 70 mg chol., 297 mg sodium, 29 g carbo., 1 g fiber, and 23 g pro. Daily Values: 4% vit. A, 13% vit. C, 4% calcium, and 14% iron.

Light Potato Salad

Enjoy this simple summer potato salad alongside the Chutney Spareribs or any hearty grilled meat dish.

- 1 lb. small new potatoes
- ¼ cup light dairy sour cream
- ¼ cup plain low-fat yogurt
- ¼ cup chopped red sweet pepper
- ¼ cup chopped yellow sweet pepper
- ¼ cup thinly sliced celery
- ¼ cup julienne strips of carrot
- ¼ tsp. salt
- ⅛ tsp. white pepper

Scrub potatoes and place in a medium saucepan; add water to cover. Bring to boiling; reduce heat. Simmer, covered, for 15 minutes or till just tender. Drain well; cool slightly. Quarter potatoes, leaving skins on the potatoes.

Meanwhile, for dressing, in a large mixing bowl combine sour cream, yogurt, red sweet pepper, yellow sweet pepper, celery, carrot, salt, and pepper. Carefully stir quartered potatoes into dressing mixture. Cover and chill for 4 to 24 hours. (If the potato salad seems thick after chilling several hours, gently stir in 1 tablespoon milk before serving.) Makes 6 servings.

Nutrition facts per serving: 95 cal., 1 g total fat (0 g sat. fat), 3 mg chol., 114 mg sodium, 19 g carbo., 1 g fiber, 3 g pro. Daily Values: 25% vit. A, 43% vit. C, 3% calcium, 8% iron.

HOW HOT IS HOT?

Some foods need to be grilled hot and fast, some low and slow. To gauge how hot the coals in your grill are, hold the palm of your hand a few inches over the center of the grill rack. If you can hold your hand there two seconds or less, the coals are hot; three seconds would be medium-hot, four for medium, and five for medium-slow coals.

When grilling indirectly, hot coals will provide medium-hot heat at the cooking site, and medium-hot coals will provide medium heat.

Outdoor Burger

Our updated version of the perennially favorite outdoor hamburger uses 90 percent lean beef. The Basil-Mozzarella Cheeseburger version (see photo, page 177) is the same burger dressed up, Italian-style.

- ¼ cup finely chopped onion
- 2 Tbsp. fine dry bread crumbs
- 2 Tbsp. finely chopped green pepper (optional)
- 2 Tbsp. catsup
- 1 Tbsp. prepared horseradish
- 1 Tbsp. prepared mustard
- ¼ tsp. salt
- ¼ tsp. pepper
- 1 lb. extra-lean ground beef
- 4 whole-wheat hamburger buns, split and toasted
- Shredded radicchio (optional)
- Fresh dillweed (optional)
- Red and yellow cherry tomato halves (optional)

In a medium bowl combine onion, bread crumbs, green pepper, catsup, horseradish, mustard, salt, and pepper. Add ground beef; mix well. Shape the meat mixture into four ¾-inch-thick patties.

Grill patties on the rack of an uncovered grill directly over medium coals for 14 to 18 minutes or till no pink remains, turning once halfway through cooking.

Serve on toasted whole wheat buns with shredded radicchio and fresh dillweed, and red and yellow cherry tomato halves, if desired. Makes 4 servings.

Nutrition facts per serving: 336 cal., 13 g total fat (5 g sat. fat), 71 mg chol., 632 mg sodium, 27 g carbo., 1 g fiber, and 25 g pro. Daily Values: 0% vit. A, 4% vit. C, 6% calcium, and 24% iron.

Basil-Mozzarella Cheeseburger: Prepare Outdoor Burger as directed except add 1 slice smoked or regular mozzarella cheese to each patty during the last 2 minutes of grilling.

Serve on toasted whole wheat buns with fresh basil leaves and 1 tablespoon Red Sweet Pepper Relish (see recipe, *below*).

Nutrition facts per serving: 396 cal., 18 g total fat (7 g sat. fat), 83 mg chol., 695 mg sodium, 28 g carbo., 2 g fiber, and 30 g pro. Daily Values: 8% vit. A, 36% vit. C, 15% calcium, and 23% iron.

Red Sweet Pepper Relish

With just 1 gram of fat per tablespoon, this relish makes an excellent low-fat condiment for grilled burgers.

- ½ cup purchased roasted red sweet pepper strips
- 1 Tbsp. finely chopped pitted ripe olives
- 2 tsp. olive oil
- 2 tsp. snipped fresh thyme or ½ tsp. dried thyme, crushed
- ¼ tsp. pepper

In a food processor bowl combine red sweet pepper, olives, olive oil, fresh or dried thyme, and pepper. Cover bowl and process with

continued on page 194

he neighbors seem to have their noses in the air, there's probably

rk on the grill. Because whether it's smoked, sauced, or marinated,

in to eat out with The Other White Meat®. For recipes, send a self-

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mprove the air QUALITY in your neighborhood.



ACK PEPPER CHOPS WITH MOLASSES BUTTER

America's Cut™ (1½-inch thick
less center loin chops, 6 oz. ea.)
¼ cup butter, softened
1 T. molasses
t. freshly squeezed lemon juice
coarsely ground black pepper
Salt, to taste

Stir together butter, molasses and lemon juice with a fork. Cover and refrigerate. Rub chops on both sides evenly with pepper. Grill chops over medium hot coals for 12-15 minutes, turning once. Top each chop with molasses butter. Serves 4.

TASTE WHAT'S NEXT

pork

The Other White Meat.

d information per serving: Calories: 376, Protein: 35 g, Fat: 22 g, Sat. Fat: 12 g, Cholesterol: 136 mg, Sodium: 219 mg
Source: USDA Handbook 8-10 (1991) © 1997 National Pork Producers Council in cooperation with the National Pork Board



Add a little color to every bite.
Marinate with Wish-Bone.

Wish-Bone Marinated Chicken Italiano

¾ cup WISH-BONE® ITALIAN DRESSING — 6 boneless, skinless chicken breast halves (about 1½ lbs.)

In shallow dish, pour ½ cup dressing over chicken. Cover and marinate in refrigerator up to 3 hours.

Remove chicken, discarding marinade. Grill or broil, turning and brushing with remaining dressing, until chicken is no longer pink. Serve with grilled marinated vegetables. Makes 4 servings.

TO BAKE, marinate as above, using ½ cup Wish-Bone Italian Dressing. Bake chicken with marinade at 425° for 20 minutes or until chicken is no longer pink.

Apricot-Glazed Chicken

½ cup WISH-BONE® ITALIAN DRESSING — 2½–3 pounds chicken pieces
2 teaspoons ground ginger (optional) — ¼ cup apricot or peach preserves

In shallow dish, blend dressing and ginger. Add chicken; turn to coat. Cover and marinate in refrigerator 3 to 24 hours.

Remove chicken, reserving ¼ cup marinade. Boil reserved marinade 1 minute. Stir in preserves until melted.

Grill or broil chicken until chicken is no longer pink, brushing with preserve mixture during last 5 minutes. Makes 4 servings.



Wish-Bone. World's Most Colorful Taste.

Summer Sizzlers

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SPECIAL BOOK OFFER



75 Years of All-Time Favorites is a warm, inviting, and nostalgic cookbook commemorating 75 years of recipes from the pages of *Better Homes and Gardens®* magazine. You'll find over 200 recipes that we've chosen as the best from the 1920s to today. Each recipe has been tested in the *Better Homes and Gardens* Test Kitchens, with preparation techniques updated. The 320-page hardcover book costs $34.95, which includes shipping, handling, and applicable sales tax.

TO ORDER: Send a check or money order for $34.95 per book to *Better Homes and Gardens* Reader Shopping Service, Dept. 9707, Box 9128, Des Moines, IA 50306-9128. Mastercard, Visa, and American Express card users may call 800/881-4066.

several on-off turns till coarsely chopped. Cover and chill till ready to serve. Makes about ⅔ cup.

Nutrition facts per tablespoon: 10 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 4 mg sodium, 1 g carbo., 0 g fiber, 0 g pro. Daily Values: 3% vit. A, 31% vit. C, 0% calcium, 0% iron.

Curried Sea and Shore Kabobs

Pork is leaner than ever, and you can find a bounty of high-quality shellfish in your supermarket. Our favorite version of surf-and-turf is lower in fat than traditional steak and lobster.

- 8 oz. fresh or frozen jumbo shrimp in shells
- 2 Tbsp. cooking oil
- 2 Tbsp. finely chopped onion
- ¼ tsp. finely shredded lime peel

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- 4 tsp. lime juice
- ¾ tsp. curry powder
- 1 clove garlic, minced
- 8 oz. boneless pork loin roast, cut into 1-inch cubes
- ¼ of a fresh pineapple cut into 1-inch cubes (about 1 cup)
- 3 plums, pitted and quartered
- Salt and pepper (optional)
- ½ of a papaya, halved, seeded, peeled, and cut into 1- to 1½-inch cubes

Thaw shrimp, if frozen. Peel and devein shrimp; set aside. For the glaze, stir together cooking oil, onion, lime peel, lime juice, curry powder, and garlic. On four 8-inch skewers thread pork, pineapple, and plum pieces. Season with salt and pepper, if desired.

Grill on rack of uncovered grill directly over medium coals for 12 to 14 minutes or till meat is done, turning once. Reserve half of the glaze; use to occasionally brush kabobs.

Meanwhile, on 4 additional 8-inch skewers thread the shrimp and the papaya pieces. Grill the kabobs directly over medium-hot coals for 10 minutes or till the shrimp turns opaque, brushing kabobs with the remaining glaze occasionally and turning shrimp kabobs once. Makes 4 servings.

Nutrition facts per serving: 201 cal., 11 g total fat (2 g sat. fat), 91 mg chol., 96 mg sodium, 11 g carbo., 1 g fiber, and 15 g pro. Daily Values: 8% vit. A, 38% vit. C, 2% calcium, and 10% iron.

Mustard Chicken Barbecue

Experiment with various flavored mustards to add a different spin to this simple glaze.

- ½ cup Dijon-style mustard
- 3 Tbsp. vinegar
- 4 tsp. Worcestershire sauce
- 1 tsp. snipped fresh thyme or ⅛ tsp. dried thyme, crushed
- 4 chicken legs (thigh-drumstick piece) or 4 each drumsticks and thighs (about 3 lb. total) or 4 chicken breast halves (about 2 lb. total)
- 2 Tbsp. light-flavored molasses

For the marinade, stir together mustard, vinegar, Worcestershire sauce, and thyme till smooth. Skin chicken pieces, if desired. Rinse chicken; pat dry.

Place chicken in a plastic bag in a shallow dish. Pour mustard mixture over chicken; seal and marinate in refrigerator for 4 to 24 hours. Drain, reserving marinade. Measure ⅓ cup marinade; set aside for sauce.

In a grill with a cover, arrange medium-hot coals around a drip pan. Test for medium heat above the drip pan. (See tip box, *page 192.*) Place the chicken pieces, bone side down, on the grill rack over the drip pan but not over the coals.

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Summer Sizzlers

continued from page 195

Cover and grill for 50 to 60 minutes or till tender and no longer pink, brushing occasionally with remaining marinade. (Do not brush during the last 5 minutes of grilling.)

Meanwhile, in a small saucepan, combine the ⅓ cup reserved marinade and the molasses. Heat to boiling; reduce heat and simmer, covered, for 5 minutes. Pass with chicken. Makes 4 servings.

Nutrition facts per serving: 327 cal., 17 g total fat (4 g sat. fat), 103 mg chol., 904 mg sodium, 10 g carbo., 0 g fiber, and 31 g pro. Daily Values: 4% vit. A, 14% vit. C, 3% calcium, and 15% iron.

Grilled Tomatoes with Pesto

Grilled tomatoes brighten up mustard chicken or any barbecue dish. Use as a side dish or quick appetizer while folks are waiting for slower grilled meat dishes.

- 3 medium firm tomatoes, cored and halved crosswise
- ¼ cup purchased pesto sauce
- 6 very thin onion slices
- ½ cup shredded Monterey Jack cheese (about 2 oz.)
- ⅓ cup smoked almonds, chopped
- 2 Tbsp. snipped parsley

Using a spoon, hollow out the top ¼-inch of tomato halves. Top each tomato half with 2 teaspoons of pesto sauce and an onion slice. Arrange tomatoes in 2 foil pie pans.

In a grill with a cover, arrange medium-hot coals around the edge of the grill. Test for medium heat in the center of the grill. (See tip box, *page 192.*) Place the foil pans containing the tomatoes in the center of the grill rack, but not over the coals. Cover and grill for 8 to 10 minutes or till tomatoes are heated through.

In a small mixing bowl stir together the cheese, almonds, and snipped parsley. Sprinkle mixture over the tomatoes. Cover and grill about 5 minutes more or till cheese melts. Season to taste with salt and pepper, if desired. Makes 6 servings.

Nutrition facts per serving: 170 cal., 14 g total fat (2 g sat. fat), 10 mg chol., 194 mg sodium, 7 g carbo., 2 g fiber, 6 g pro. Daily Values: 7% vit. A, 23% vit. C, 8% calcium, 4% iron.



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Grilled Summer Vegetables

It seems that these days no cookout is complete without grilled vegetables. Serve them as a side dish for grilled fish or meat, or as an appetizer.

- Asparagus spears
- Small carrots
- Eggplant
- Fennel
- Sweet peppers
- Leeks
- New potatoes
- Baby zucchini or regular zucchini
- Olive oil, melted margarine, or melted butter



Lay vegetables perpendicular to the wires on the grill rack so your vegetables don't fall into the coals.

Before grilling, rinse, trim, cut up, and precook vegetables as directed in "Preparations and Timings for Grilled Vegetables" (see *page 198*). To precook any one vegetable, in a saucepan bring a small amount of water to boiling; add desired vegetable and simmer, covered, for the time specified. Drain well.

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Summer Sizzlers

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To grill, brush vegetables with olive oil, margarine, or butter before grilling to prevent sticking to grill rack. Cook vegetables on the grill rack directly over medium-hot coals (see photo, *page 197*) till tender and slightly charred, turning occasionally. Use the following timings as a guide. (Actual timings will differ depending on thickness of vegetables, how hot the coals are, and how far the vegetables are from the coals.)

Nutrition facts per serving (1 new potato, 1 small carrot, 5 asparagus spears, brushed with 1 tablespoon olive oil): 195 cal., 14 g total fat (2 g sat. fat), 0 mg chol., 34 mg sodium, 16 g carbo., 3 g fiber, and 3 g pro. Daily Values: 108% vit. A, 46% vit. C, 2% calcium, and 8% iron.

Preparation and Timings for Grilled Vegetables

Asparagus: Snap off and discard tough bases of stems. Precook 2 minutes, then tie asparagus in bundles of 3 or 4 spears with strips of cooked green onion tops.

Grill bundles 3 to 5 minutes or till vegetables are of desired doneness.

Small carrots: Cut off carrot tops; wash and peel. Precook 3 minutes. Grill 3 to 5 minutes.

Eggplant: Cut off top and blossom ends. Cut crosswise into ¾-inch-thick slices. Do not precook. Grill 6 to 8 minutes.

Fennel: Snip off feathery leaves. Cut off stems. Precook whole bulbs 8 minutes. Cut bulbs into 6 to 8 wedges and grill 8 to 10 minutes.

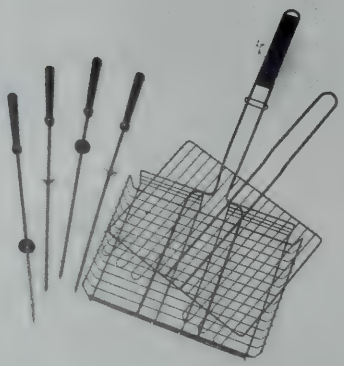
Sweet peppers: Remove stems. Quarter peppers and remove seeds and membranes. Cut peppers into 1-inch-wide strips. Do not precook. Grill 8 to 10 minutes.

Leeks: Cut off green tops; trim bulb roots and remove 1 or 2 layers of white skin. Precook 6 to 10 minutes, then halve leeks lengthwise and grill 5 minutes or till tender.

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GRILLING GADGETS AND BOOKS TO BUY

Here are three products and two books to assist in the preparation of the Summer Sizzler recipes shown in this issue or your own family's grilled favorites.



The **All-Purpose Grill Basket** (10×12-inches) is easy to use, easy to turn, and easy to clean. It features a cover that can be adjusted to the right height for fish, poultry, meat, or vegetables; a nonstick surface for quick cleanup; and a 16-inch handle with wooden grip. From Fox Run Craftsmen. ($21.95)

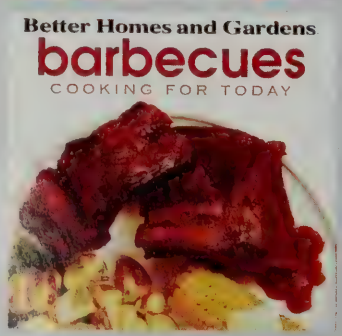
The **Skewers** feature a 13-inch nonstick cooking surface and a 5-inch wooden grip. Nonstick metal disks slide up and down to remove cooked foods easily. Set of four from Fox Run Craftsmen. ($17.95)

Our **Deluxe Barbecue Tool Set** includes everything you need for outdoor cooking. The set of four pieces contains a 12-inch basting brush, an 18-inch fork, an 18-inch turner, and a pair of 16-inch tongs. All four items have sturdy wooden handles to protect you from the heat of the grill. The fork and turner have 3-inch rawhide hanger loops. The set is from Fox Run Craftsmen and retails for $29.95.





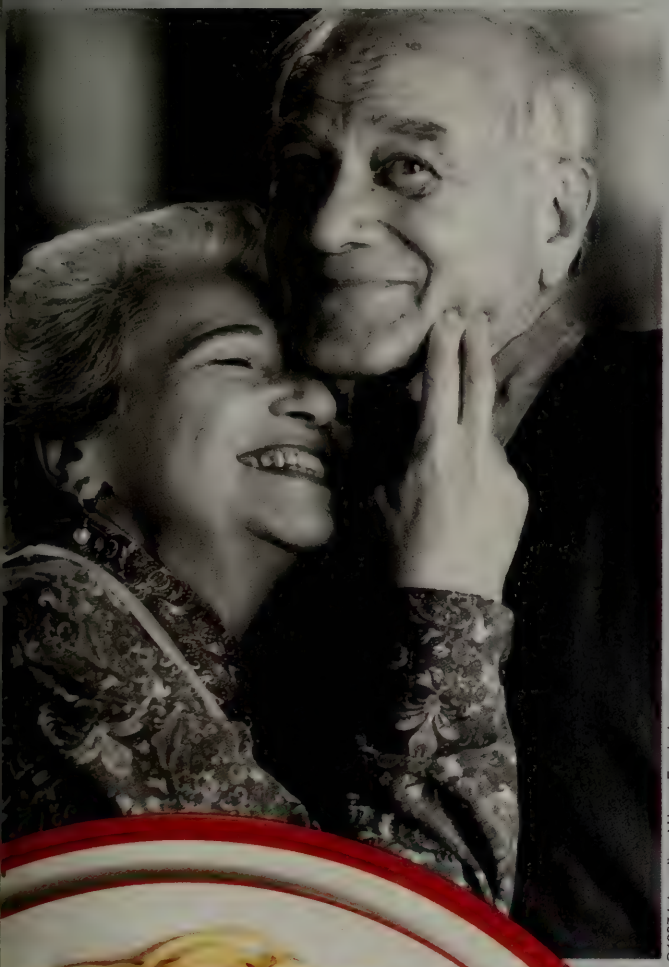
Grill It Right! from *Better Homes and Gardens®* Books contains more than 165 recipes for both gas and charcoal grills. Instructions are included for both direct and indirect grilling methods. Hardcover, 240 pages. ($30.95)



Cooking For Today: Barbecues includes many new ideas for barbecue favorites like ribs, burgers, steaks, and kabobs. Nutrition analysis for each recipe. Hardcover, 144 pages. ($20.95)

TO ORDER: All prices shown, *above*, include shipping, handling, and applicable sales tax. To order with your Mastercard, Visa, or American Express card, call toll free 800/881-4066. To order by mail, make a list of the products and books you wish to purchase and send that list along with a check or money order for the total amount to: *Better Homes and Gardens* Reader Shopping Service, Department 9707, Box 9128, Des Moines, IA 50306-9128.

LAST NIGHT, MAMA MARINO RAISED A LITTLE HELL WITH PAPA.



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RAISE A LITTLE HELL WITH RO*TEL.





RO*TEL Spicy Tomato Sauce

2 tbsp. olive oil
2 med. onions, chopped
4 cloves garlic, minced
1 can (10 oz.) RO*TEL Diced Tomatoes and Green Chilies
1 can (28 oz.) crushed tomatoes
1 tsp. dried basil
1 tsp. dried oregano
1 tbsp. sugar
salt and pepper to taste
1/2 cup white wine (optional)

In a saucepan, over medium heat, sauté onions and garlic in hot oil until tender. Stir in next 6 ingredients; heat to a boil, stirring occasionally. Reduce heat; cover; simmer 15 minutes. Stir in wine; simmer 5 minutes. Makes about 1-1/2 quarts sauce.

LOOK FOR RO*TEL IN THE CANNED TOMATO SECTION

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Summer Sizzlers

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New potatoes: Halve potatoes. Precook 10 minutes or till almost tender. Grill 10 to 12 minutes.

Yellow squash (crookneck or straightneck) or zucchini: Wash; cut off ends. Cut each vegetable lengthwise into strips. Do not precook. Grill 6 to 8 minutes.

Safety First—and Always

You can't match the fun of a backyard barbecue, but you will need to "match" the coals—and that's where you'll really be playing with fire. Here are a few tips to keep you from having too hot a time at your next outdoor grill-fest:

- Use only fire starters certified for use on outdoor grills. Never use gasoline, kerosene, or other flammable or nonfoodsafe liquids to start your coals.
- Don't store gas cylinders, starter fluids, and other flammable substances indoors or near source of heat. Be sure gas cylinder connectors and regulators are in good condition and hooked up according to the manufacturer's instructions.
- You're having a barbecue, so it's probably hot outside. But short-sleeved clothing isn't the safest apparel when using a grill. Lightweight long sleeves and slacks, plus a long apron—even one that says "Kiss the Chef"—will protect you from spatters and singes. Watch for loosely hanging apron strings, sleeves, or shirttails.
- Keep a water-filled spray bottle handy for minor flare-ups, and baking soda for grease flare-ups. Also, make sure a fire extinguisher is readily available. Avoid trying to move a hot or flaring grill.
- Always use the right tools for the job: long-handled barbecue forks and tongs, fire-proof mitts, and barbecue baskets for smaller foods.
- Children should never be allowed to operate a grill. Don't leave a lit grill unattended.

Ice Cream

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Strawberry Gelato

Italian gelato is made with milk rather than cream, resulting in a lower fat content than most other ice creams.

- 3 cups cut-up strawberries
- 6 cups milk
- 1⅓ cups sugar
- 12 beaten egg yolks
- Several drops red food coloring (optional)

Place berries in a blender container or food processor bowl, cover and blend or process till nearly smooth.

In a large saucepan combine 3 cups of the milk, the sugar, and egg yolks. Cook and stir over medium heat till mixture coats a spoon. (Dip a spoon into the custard and draw a line with your finger through the coating. The custard is done when the edges along the line keep their shape.) Remove from heat. Stir in the remaining milk, the berries, and food coloring, if desired.

Cover surface of gelato mixture with plastic wrap. Refrigerate several hours or overnight till chilled. (Or, place the saucepan in a sink of ice water to chill quickly.) Freeze in 4- or 5-quart ice-cream freezer according to manufacturer's directions. Ripen for 4 hours (see tip box, *right*). Makes 2½ quarts (20 servings).

Nutrition facts per serving: 130 cal., 5 g total fat (2 g sat. fat), 133 mg chol., 41 mg sodium, 19 g carbo., 0 g fiber, 4 g pro. Daily Values: 23% vit. A, 22% vit. C, 8% calcium, 3% iron.

Rocky Road Ice Cream

Serve as a sundae in 4-inch wafer ice-cream cups with fudge topping, miniature chocolate pieces, chopped nuts, whipped cream, and a cherry on top.

- 2 oz. unsweetened chocolate
- 1 14-oz. can sweetened condensed milk
- 1 cup water
- 2 cups whipping cream

WHAT IS RIPENING?

"Ripening" means allowing the newly made ice cream to firm up undisturbed in the ice cream maker. It improves both the flavor and texture of the finished product. To ripen, drain off excess liquid from the freezer bucket. Remove dasher from canister; cover canister with waxed paper, plastic wrap, or foil and replace the lid. Plug the hole in the lid with a cork. Push the can back down into the ice. Using 4 parts ice to 1 part rock salt, pack additional layers of ice and rock salt into the freezer to cover the top of the can. Cover the freezer with newspapers or a heavy cloth to keep it cold. Allow to stand, out of direct sunlight, at least 4 hours, repacking with additional ice and rock salt as needed.

- 1 cup chopped walnuts
- 1 tsp. vanilla
- 1⅓ cups tiny marshmallows, halved

In a medium saucepan melt the chocolate over medium-low heat. Gradually stir in milk till combined. Gradually stir in water. Remove from heat. Pour half the mixture into a blender container; cover and blend till smooth. Transfer to a bowl. Repeat with other half of mixture. Cover surface with plastic wrap and chill thoroughly.

Stir in whipping cream, walnuts, and vanilla. Freeze in a 4- or 5-quart ice-cream freezer according to the manufacturer's directions. Stir in marshmallows before ripening. Ripen 4 hours. Makes about 1 quart (8 servings).

Nutrition facts per serving: 524 cal., 39 g total fat (19 g sat. fat), 98 mg chol., 91 mg sodium, 40 g carbo., 1 g fiber, 8 g pro. Daily Values: 31% vit. A, 3% vit. C, 16% calcium, 7% iron.

Butter Pecan Ice Cream

This velvety ice cream is buttery rich with lightly-toasted pecans.

- 1 cup coarsely chopped pecans
- ½ cup sugar
- 2 Tbsp. butter or margarine

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Ice Cream

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- 4 cups half-and-half or light cream
- 2 cups packed brown sugar
- 4 tsp. vanilla
- 4 cups whipping cream

In a heavy 8-inch skillet combine pecans, sugar, and butter or margarine. Heat the mixture over medium heat, stirring constantly, for 6 to 8 minutes or till sugar melts and turns a rich brown color. Remove from heat and spread nuts on a buttered baking sheet or foil; separate into clusters. Set aside and allow to cool completely. Break the clusters into small chunks, setting aside ¼ cup to sprinkle on top.

In a large bowl combine half-and-half or light cream, brown sugar, and vanilla; stir till sugar is dissolved. Stir in the pecan mixture and whipping cream. Freeze in a 4- or 5-quart ice cream freezer according to manufacturer's directions. Ripen 4 hours. Makes about 3½ quarts (28 servings).

Nutrition facts per serving: 259 cal., 20 g total fat (11 g sat. fat), 61 mg chol., 39 mg sodium, 19 g carbo., 0 g fiber, 2 g pro. Daily Values: 20% vit. A, 0% vit. C, 5% calcium, 2% iron.

Lime and Lemon Ice Cream

For citrus curls, using a zester cut the peel into long strips. Wrap the strips around a chopstick or drinking straw and let sit for 30 minutes. Cut to desired lengths.

- 4 cups whole milk
- 1½ cups sugar
- 1 cup whipping cream
- 1 tsp. finely shredded lemon peel
- ⅓ cup lemon juice
- 1 tsp. finely shredded lime peel
- 3 Tbsp. lime juice
- Several drops yellow food coloring (optional)
- Lemon and/or lime slices (optional)

In a large mixing bowl thoroughly combine milk, sugar, cream, lemon peel, lemon juice, lime peel, lime juice, and food coloring, if desired. (Mixture may appear curdled.) Freeze in a 3- to 4-quart ice-cream freezer according to directions. Ripen 4 hours. If desired, garnish with lemon and lime slices and citrus curls. Makes 2 quarts (16 servings).

Nutrition information: 164 cal., 8 g total fat (5 g sat. fat), 29 mg chol., 36 mg sodium, 23 g carbo., 0 g fiber, 2 g pro. Daily Values: 8% vit. A, 6% vit. C, 6% calcium, 0% iron.

Taffy Apple Ice Cream

Granny Smith or other tart apples work best in this flavorful ice cream.

- 1 cup granulated sugar
- ½ cup packed brown sugar
- 2 12-oz. cans evaporated milk
- 1 Tbsp. molasses
- 4 beaten eggs
- 2 cups whipping cream
- 3 cups peeled, cored, and finely chopped apple
- 1 tsp. vanilla
- Apple slices (optional)
- Caramel ice-cream topping (optional)

In a medium saucepan combine sugars, milk, and molasses. Cook and stir over medium heat till sugar dissolves; remove from heat. Slowly stir 1 cup of hot milk mixture into beaten eggs, then return to hot mixture in saucepan. Cook and stir over low heat just till bubbling; do not boil. Remove from heat. Cool slightly. Cover and chill.

Stir in cream, chopped apple, and vanilla. Freeze in a 4- or 5-quart ice cream freezer according to manufacturer's directions. Ripen 4 hours. Garnish with apple slices and caramel topping, if desired. Makes about 2 quarts (16 servings).

Nutrition facts per serving: 272 cal., 16 g total fat, (9 g sat. fat), 108 mg chol., 79 mg sodium, 28 g carbo., 0 g fiber, 5 g pro. Daily Values: 19% vit. A, 3% vit. C, 13% calcium, 3% iron.

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SPECIAL MERCHANDISE OFFER FOR ICE CREAM LOVERS





Here's what you need to serve up name-brand sundaes and banana splits at home. By special arrangement with Buildit Engineering Company, the **Baskin Robbins Sundae and Banana Split Sets** are available to the readers of *Better Homes and Gardens®* magazine.

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Each set costs $34.95, which includes shipping, handling, and applicable sales tax. *Buy both sets for $59.40 and save over 15%.*

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Baby, It's Cool Inside



SHAKE UP THE Cool-a-Cino™

❶ Put 1 cup milk and 1 envelope of MAXWELL HOUSE® CAPPUCCINO in blender; cover. ❷ Blend on high until Cappuccino is dissolved. ❸ Add 1/2 cup COOL WHIP® Whipped Topping, not thawed. ❹ Blend until smooth, serve with more whipped topping or top with other goodies. ❺ Drink and BE COOL.

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Ice Cream

continued from page 202

Toasted Coconut Ice Cream

Chewy toasted coconut turns vanilla ice cream into a sweet tropical snowball.

- 2 12-oz. cans evaporated milk
- 1 cup sugar
- 4 tsp. vanilla
- 2 cups whipping cream
- 1⅓ cups flaked coconut, toasted*
- Coconut shell cups** and coconut curls (optional)

In a small saucepan combine evaporated milk and sugar; cook and stir till sugar dissolves. Remove from heat; stir in vanilla. Cool slightly; refrigerate 1½ to 2 hours or till well chilled. Stir in cream and coconut.

Freeze in a 3- to 4-quart ice-cream freezer according to manufacturer's directions. Ripen 4 hours. Serve in coconut cups and garnish with coconut curls, if desired. Makes 1½ quarts (12 servings).

**To toast coconut*: Spread in a single layer in a shallow baking pan. Bake in a 350° oven for 5 to 10 minutes or till light golden brown, stirring occasionally.

***To make coconut shell cups*: locate the three soft eyes at top of coconut. Pierce eyes and drain coconut milk. Lay coconut on side and with a hammer, tap firmly till nut begins to crack. Rotate one quarter turn and tap again. Continue turning and tapping till coconut cracks into pieces; use as serving bowls.

For curls, separate meat from shell in large pieces. Cut slices from a long edge, using a vegetable peeler. Arrange slices on a baking sheet. Bake in a 350° oven for 2 to 3 minutes or till edges just start to brown. Cool in pan on wire rack. Store in tightly covered shallow container.

Nutrition facts per serving: 339 cal., 23 g total fat (12 g sat. fat), 73 mg chol., 101 mg sodium, 28 g carbo., 0 g fiber, and 6 g pro. Daily Values: 22% vit. A, 2% vit. C, 15% calcium, and 2% iron.

Miracle Mocha Chip Ice Cream

The "miracle" is in the way the melted chocolate forms chips after it is stirred into the cooled custard mixture.

- 2½ cups sugar
- ¼ cup cornstarch
- 3 Tbsp. instant coffee powder or crystals
- ½ tsp. salt
- 8 cups half-and-half or light cream
- 6 slightly beaten eggs
- 2 Tbsp. vanilla
- 3 oz. unsweetened chocolate
- Chocolate shavings (optional)
- Melted chocolate (optional)

In large saucepan combine sugar, cornstarch, coffee powder, and salt; stir in 4 cups of half-and-half or light cream. Cook and stir over medium heat till thickened and bubbly.

Gradually stir 1 cup of the hot mixture into the eggs; return to hot mixture in saucepan. Cook and stir 1 minute more; chill thoroughly. Stir in remaining cream and the vanilla.

In a small heavy saucepan melt unsweetened chocolate over low heat. While chocolate is still hot, pour it very slowly into chilled mixture, stirring constantly.

Freeze in a 5-quart ice cream freezer according to manufacturer's directions. Ripen 4 hours. Garnish with chocolate shavings and melted chocolate, if desired. Makes about 1 gallon (32 servings).

Nutrition facts per serving: 177 cal., 10 g total fat (5 g sat. fat), 63 mg chol., 71 mg sodium, 21 g carbo., 0 g fiber, 3 g pro. Daily Values: 8% vit. A, 0% vit. C, 5% calcium, 2% iron.

Toasted Almond Ice Cream

Pair with a scoop of mocha chip ice cream and add chocolate curls, melted chocolate, or chocolate sauce.

- ½ cup sugar
- 2 cups milk
- 2 cups whipping cream
- ½ cup sugar
- 4 slightly beaten egg yolks
- ½ tsp. almond extract
- ¾ to 1 cup toasted almonds, chopped*
- Fresh raspberries (optional)
- Chocolate curls** (optional)
- Chocolate sauce (optional)

In a small heavy saucepan cook the first ½ cup sugar over medium-high heat till sugar begins to melt, shaking the skillet occasionally to heat the sugar evenly. *Do not stir.* Once the sugar starts to melt, reduce heat to low and cook about 5 minutes more or till all of the sugar is melted and golden, stirring as needed with a wooden spoon. Remove from heat.

Meanwhile, in a small saucepan heat the 2 cups milk till bubbles just form around the edge of the liquid. Do not allow to boil. Gradually stir warmed milk into the cooked sugar. Cook and stir mixture over medium heat till sugar is dissolved.

In a medium bowl combine cream, the remaining ½ cup sugar, and egg yolks. Stir in 1 cup of the warmed milk mixture. Return to saucepan. Cook and stir over medium heat till mixture just comes to a boil. Remove from heat. Stir in almond extract. Chill for 1 to 2 hours or till mixture is cooled completely.

Freeze in a 4- to 5-quart ice-cream freezer according to the manufacturer's directions. Stir in almonds. Ripen 4 hours. Garnish with fresh raspberries, chocolate curls, and chocolate sauce, if desired. Makes 1½ quarts (12 servings).

**To toast almonds*: place whole blanched almonds in a shallow baking pan. Bake in a 350° oven for 5 to 10 minutes, stirring once or twice.

***To make chocolate curls*: warm a chocolate bar in your hand, then carefully shave curls from the bar with a sharp vegetable peeler.

Nutrition facts per serving: 290 cal., 21 g total fat (11 g sat. fat), 128 mg chol., 61 mg sodium, 22 g carbo., 1 g fiber, and 5 g pro. Daily Values: 30% vit. A, 1% vit. C, 8% calcium, and 3% iron.

continued on page 206

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Ice Cream

continued from page 204



Serve cheesecake lovers a bowl of Cream Cheese Ice Cream garnished with fruit.

Cream Cheese Ice Cream

This thick and sinfully luscious ice cream really does taste just like a slice of creamy cheesecake.

- 5 cups half-and-half or light cream
- 2½ cups sugar
- 4 beaten eggs
- 3 8-oz. pkg. cream cheese or reduced-fat cream cheese (Neufchâtel), softened
- 1 tsp. finely shredded lemon peel
- 2 Tbsp. lemon juice
- 2 tsp. vanilla
- Fresh blueberries, nectarines, and/or dark cherries (optional)

In a large saucepan combine 3 cups of the half-and-half or light cream, the sugar, and eggs. Cook and stir over medium heat just till boiling. In a large mixing bowl beat cream cheese with an electric mixer till smooth; gradually beat in hot mixture. Cover and chill thoroughly.

Stir in remaining half-and-half, lemon peel, lemon juice, and vanilla. Freeze in a 4- or 5-quart ice cream freezer according to the directions. Ripen 4 hours. Garnish each serving with choice of fresh fruit, if desired. Makes about 3 quarts (24 servings).

Nutrition facts per serving: 260 cal., 17 g total fat (10 g sat. fat), 85 mg chol., 116 mg sodium, 24 g carbo., 0 g fiber, and 5 g pro. Daily Values: 20% vit. A, 1% vit. C, 6% calcium, and 3% iron.

HELPFUL TIPS FROM THE BETTER HOMES AND GARDENS® TEST KITCHEN

To ensure your ice cream turns out as well as it did in the *Better Homes and Gardens* Test Kitchen, follow these hints:

Only use rock salt, a very coarse, unrefined salt usually found in bags next to the rest of the salt in your grocery store. In some communities, however, it's sold in hardware stores. It's important to use rock salt because its larger crystals melt the ice more slowly with the result that the ice cream freezes more evenly.

Mix the rock salt and ice in a ratio of 6 parts crushed ice or very small cubes to 1 part salt. For ripening use 4 parts ice to 1 part salt. On hot days, when the temperature is above 75 degrees, plan on changing the salt and ice mixture about two hours into the ripening process. Don't try to ripen ice cream in a home freezer; it's not cold enough to get the ice cream sufficiently hard.

Use only the milk products called for; ice cream is an indulgence and should be treated that way. Unless called for in the recipe, don't substitute one dairy product with a similar, lower fat product; substituting will produce an icy, watery result.

the clever cook™

Each month in this column you'll find tips from other good cooks. Find out how you can earn money for sharing your cooking secrets.

Cookout Cleanup

During summer cookouts, fill a plastic sprinkler can with water; tie a tea towel to the handle. Use for quick hand or face wash ups. Water flowers with any water that's left over in the sprinkler can.

Linda Matiyow, Chesterfield, Mich.

Nonstick Grilling

To prevent food from sticking to the grill, spray the food, rather than the grill, with nonstick cooking spray. It works especially well with foods that tend to stick or fall apart such as vegetables, fish, or poultry.

Mary A. Campbell, Condon, Ore.

Crockery Cooker Alert

Keep oven bags out of your crockery cooker. A reader suggested using the bags to save cleanup time in a Clever Cook tip in the May 1997 issue. However, Reynolds, the oven bag manufacturer, recommends against the practice because there's no way of being sure it would be safe in the dozens of brands, models, and vintages of crockery cookers in use. Reynolds suggests a maximum safe oven temperature of 350° with the bags.

BE A CLEVER COOK

The food editors of *Better Homes and Gardens®* magazine invite you to send us your niftiest kitchen tips. We're looking for original ideas that make cooking easier, more healthful, or more rewarding for you and your family. We will pay $25 for each published tip. Please send tips to: The Clever Cook, BH&G Food Department, 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited for space. All letters become the property of *Better Homes and Gardens* magazine.



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Favorites Forever



"Whenever I take this to a party or potluck, I'm always asked for the recipe," wrote one reader.

by Joy Taylor

Old-fashioned desserts never go out of favor, you unanimously told us when we asked readers to name their favorite BH&G recipes. This summery favorite has been pleasing cobbler fans since we first published it in August 1960.

Peach-a-Berry Cobbler

Many readers nominated this recipe as one of their best-loved recipes. Why? It's the juicy combination of two fruits and the "so fluffy" topping.

- 1 cup all-purpose flour
- ½ cup granulated sugar
- 1½ tsp. baking powder
- ½ cup milk
- ¼ cup butter or margarine, softened
- ¼ cup packed brown sugar
- 1 Tbsp. cornstarch
- ½ cup cold water
- 3 cups sliced fresh peaches
- 1 cup fresh blueberries
- 1 Tbsp. butter or margarine
- 1 Tbsp. lemon juice
- 2 Tbsp. coarse granulated sugar
- ¼ tsp. ground nutmeg or cinnamon
- Vanilla ice cream (optional)

For topping, stir together flour, ½ cup granulated sugar, and baking powder. Add milk and ¼ cup butter or margarine all at once. Stir till smooth; set aside.

For filling, in a medium saucepan stir together brown sugar and cornstarch; stir in water. Add peaches and blueberries. Cook and stir over medium heat till thickened and bubbly. Add 1 tablespoon butter and lemon juice; stir till butter melts. Pour into a 1½-quart ungreased casserole. Spoon topping in mounds over hot filling; spread evenly over filling. Sprinkle with a mixture of 2 tablespoons coarse sugar and nutmeg or cinnamon. Place on a shallow baking pan in oven.

Bake cobbler in a 350° oven about 35 minutes or till bubbly and a toothpick inserted into crust comes out clean. Serve warm with ice cream, if desired. Makes 6 servings.

Nutrition facts per serving: 328 cal., 10 g total fat (6 g sat. fat), 27 mg chol., 203 mg sodium, 58 g carbo., 3 g fiber, and 4 g pro. Daily Values: 14% vit. A, 16% vit. C, 10% calcium, and 9% iron.

Note: Should you crave a taste of summer during the winter months, you can substitute frozen berries for the fresh and canned peaches for the fresh, using ½ cup peach syrup in place of the cold water.

Bush's newest Secret Family Recipe has a bold, spicy, tangy, zippy, zesty twist.

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Win Money

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One Annual Grand Prize:
General Electric Profile Appliances
(refrigerator, dishwasher, microwave oven, and range or cooktop/oven; approximate retail value: $5,000)

Monthly Prizes:
Two $400 winners, Two $200 winners, Ten $50 honor rolls

Hints for the February 1998 Categories

Hot Potatoes: Mash them. Hash them. Stuff them. Sauce them. Tell us what you do to embellish the potato and create a spectacular spud recipe.

Desserts from the Heart: The goal here is to dazzle those you hold dear, whether it's with a bite-size delicacy, dazzling cake, tart, or other delightful dessert. What do you do to woo and wow your family?

This Month's Winners—Pages 213 and 214

$400 Winners: Gail Popham, Donna, Texas; Jenny Spencer, Syracuse, N.Y.

$200 Winners: Edwina Gadsby, Great Falls, Mont.; Patricia Sicilia, Newtown, Pa.

$50 Honor Roll Winners: Cathy Chis, Harmony, Pa.; Mary M. Forberg, Granger, Ind.; Joan Kovach, Babylon, N.Y.; Erin Elizabeth Renouf Mylroie, Fairport, N.Y.; Tina Principato, Hampton, N.H.; Margaret Seluk, Tewksbury, Mass.; Kathleen A. Slagle, Chicago, Ill.; Mickey Strang, McKinleyville, Calif.; Arthur Teti, Las Vegas, Nev.; Lisa Wulff, Pleasant Hill, Calif.

Contest Rules: 1. The contest is open to U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and their immediate families. 2. With each entry, clearly print or type your name, address, phone number, and recipe marked "February Hot Potatoes" or "February Desserts from the Heart." Specify brands and recipe origin. 3. Address recipes to 9802 Food Department, *Better Homes and Gardens,* Des Moines, IA 50309-3023. 4. Entries must be postmarked by July 25, 1997, and received by July 31, 1997. 5. Monthly winners will be selected about 60 days later, then notified by mail. Winners must sign affidavit and release. The annual grand prize winner will be selected from 1998 top winners on or about October 1, 1998, and will be notified by mail. The grand prize winner will choose up to $5,000 worth of General Electric Profile appliances from a local dealer at the dealer's then-current retail prices. Any applicable sales tax, delivery charges or additional costs will be included in the $5,000 prize. Cash will not be offered in lieu of prizes. 6. Entries must be your original recipes. No previously published recipes, please. They will be judged on creativity, taste, and practicality by *BH&G*® editors. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use winner's name and hometown for editorial and promotional purposes, except where prohibited by law.

Nutrition Information

HOW TO MAKE IT WORK FOR YOU

With each recipe, we give important nutrition information. The calorie count of each serving and the amount, in grams, of fat, saturated fat, cholesterol, sodium, carbohydrates, fiber, and protein will help you keep tabs on what you eat.

You can check the levels of each recipe serving for vitamin A, vitamin C, calcium, and iron. These are noted in percentages of the Daily Values. The Daily Values are dietary standards determined by the Food and Drug Administration (FDA).

How we analyze

We omit optional ingredients from the analysis. The analysis is calculated using two percent milk.



Our seal assures you that every recipe has been tested in the *Better Homes and Gardens*® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

When ingredient choices appear in a recipe (such as margarine or butter), we use the first one mentioned for analysis. The ingredient order does not mean we prefer one ingredient over the other.

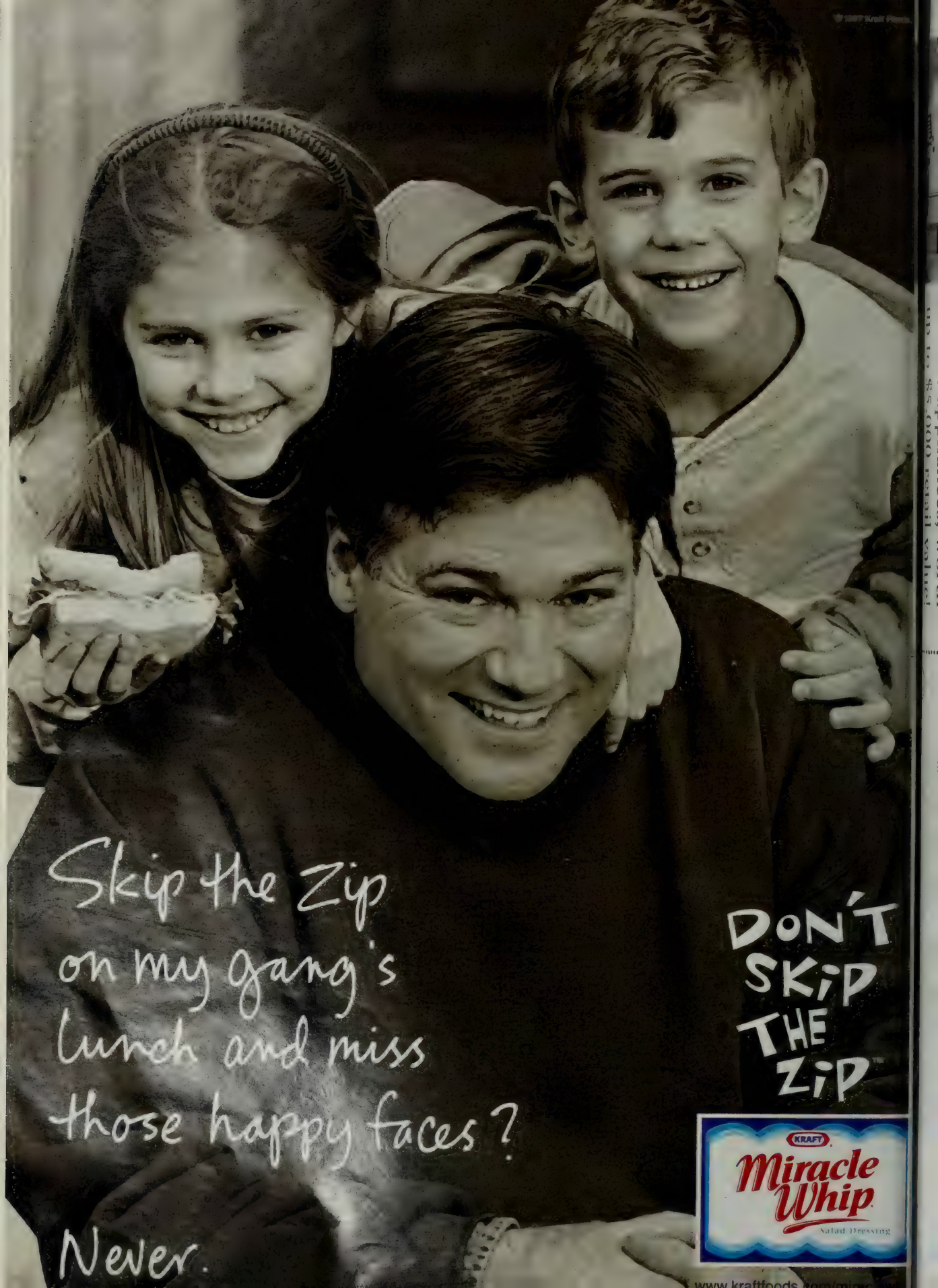
We use the first serving size listed when a range is given.

What you need

Calories: About 2,000
Total fat: Less than 65 grams
Saturated fat: Less than 20 grams
Cholesterol: Less than 300 milligrams
Carbohydrate: About 300 grams
Sodium: Less than 2,400 milligrams
Dietary fiber: 20 to 30 grams

Use our analyses to chart the nutrition value of the foods you eat. The dietary guidelines above suggest the levels of nutrients that moderately active adults should strive to eat each day. There is no real harm in going over or under these guidelines in any single day, but it is a good idea to aim for a balanced diet over time.


After dinner, enjoy a fat free pan.
Soak less. Finish fast. Dawn lifts off tough grease better
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PRIZE TESTED RECIPES

see page 210 for details



$400 WINNER

Gail Popham, Donna, Texas, in the Shrimp and Seafood Ideas category.
July 1997

Mexican Shrimp Cocktail

Living near Mexico and eating local specialties inspired Gail to create this winner.

- ¼ cup catsup
- ¼ cup lime juice
- 1 to 2 tsp. bottled hot pepper sauce
- 1 lb. fresh or frozen shrimp, peeled, deveined, and cooked
- ½ cup chopped tomato
- ¼ cup chopped onion
- ¼ cup snipped fresh cilantro
- 2 avocados, seeded, peeled, and chopped
- Lime wedges (optional)
- Purple flowering kale (optional)

In a large bowl stir together catsup, lime juice, and hot pepper sauce. Add shrimp, tomato, onion, and cilantro; toss to coat. Cover and chill for 2 to 4 hours. Just before serving add avocados; toss to coat. Garnish with lime wedges and flowering kale, if desired. Makes 8 appetizer servings.

Nutrition facts per serving: 113 cal., 6 g total fat (1 g sat. fat), 65 mg chol., 183 mg sodium, 9 g carbo., 2 g fiber, 8 g pro. Daily Values: 8% vit. A, 20% vit. C, 1% calcium, and 9% iron.



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PRIZE TESTED RECIPES

see page 210 for details



$400 WINNER

Jenny Spencer, Syracuse, N.Y., in the Pasta Salads category.
July 1997

Corn and Tomato Pasta Salad

No salad says "summer" better than this one, complete with fresh tomatoes and corn.

- 1½ cups bow-tie pasta
- 2 fresh ears of corn or 1 cup whole kernel frozen corn
- 1 cup shredded, cooked chicken
- 1 large tomato, seeded and chopped (about ¾ cup)
- ¼ cup olive oil
- 3 Tbsp. vinegar
- 2 to 3 Tbsp. pesto
- 1 Tbsp. chicken broth or water
- ¼ tsp. salt
- ⅛ tsp. pepper
- Romaine leaves
- 2 Tbsp. finely shredded Parmesan cheese
- Snipped fresh basil

Cook pasta according to package directions. Drain pasta, rinse in cold water, and drain again. Meanwhile, if using fresh corn, cut the kernels off the cobs. Cook corn, covered, in boiling water for 10 minutes or till corn is tender. Drain. If using frozen corn, cook according to package directions; drain. Let cool slightly.

In a large bowl combine pasta, corn, chicken, and tomato. In a screw-top jar combine the olive oil, vinegar, pesto, chicken broth or water, salt, and pepper. Cover and shake well. Pour over pasta mixture; toss gently to coat. Cover and chill 2 to 24 hours. To serve, line a serving platter with romaine leaves. Arrange salad on romaine leaves. Sprinkle Parmesan cheese and basil over top. Makes 8 side-dish servings.

Nutrition facts per serving: 194 cal., 12 g total fat (2 g sat. fat), 28 mg chol., 146 mg sodium, 14 g carbo., 1 g fiber, 9 g pro. Daily Values: 3% vit. A, 9% vit. C, 2% calcium, and 7% iron.

see page 210 for details

$200 WINNER

Patricia Sicilia, Newtown, Pa., in the Pasta Salads category.
July 1997



Spinach Pasta Salad

The basil, prosciutto, and pine nuts pack plenty of flavor into this cool pasta salad.

- 8 oz. ziti (2¼ cups) or other small pasta
- 1 cup lightly packed spinach leaves
- ¼ cup lightly packed basil leaves
- 2 cloves garlic, quartered
- 2 Tbsp. finely shredded Parmesan cheese
- ⅛ tsp. salt
- ⅛ tsp. pepper
- 1 Tbsp. olive oil
- 1 Tbsp. water
- ½ cup light mayonnaise dressing or salad dressing
- Spinach leaves
- Radicchio leaves (optional)
- 1 to 2 oz. (3 to 6 Tbsp.) chopped prosciutto or ham
- 2 Tbsp. toasted pine nuts

Cook pasta according to package directions. Drain pasta, rinse with cold water, and drain again. Set aside.

Meanwhile, in a blender container or food processor bowl combine the 1 cup spinach, basil, garlic, cheese, salt, and pepper. Add oil and water; cover and blend or process till nearly smooth and mixture forms a paste, scraping down sides of container frequently. Combine the mayonnaise or salad dressing with the spinach mixture. Add to pasta and toss till well coated. Cover and chill.

To serve, line a salad bowl with spinach leaves and, if desired, radicchio leaves. Spoon salad into lined bowl. Sprinkle with chopped prosciutto and pine nuts. Makes 6 to 8 side-dish servings.

Nutrition facts per serving: 277 cal., 13 g total fat (2 g sat. fat), 2 mg chol., 310 mg sodium, 32 g carbo., 1 g fiber, 8 g pro. Daily Values: 6% vit. A, 4% vit. C, 3% calcium, and 13% iron.

Clip and save recipes in your *BETTER HOMES AND GARDENS NEW COOK BOOK*.

PRIZE TESTED RECIPES

see page 210 for details

$200 WINNER

Edwina Gadsby, Great Falls, Mont., in the Shrimp and Seafood Ideas category.
July 1997



Herbed Seafood Bruschetta

This chunky seafood sensation is sure to make a splash at your next summer party.

- 1 Tbsp. olive oil
- 1 Tbsp. lemon juice
- 1 Tbsp. snipped chives
- 1 Tbsp. snipped fresh basil
- 1 Tbsp. snipped fresh mint
- 1 tsp. bottled minced garlic
- 6 oz. frozen crabmeat, thawed and drained, or one 6.5-oz. can crabmeat, drained, flaked, and cartilage removed
- 8 oz. peeled, deveined, and cooked shrimp, coarsely chopped
- 1 cup chopped plum tomatoes
- ½ cup finely chopped onion
- 1 8-oz. loaf French bread (baguette)
- 2 Tbsp. olive oil
- Freshly ground pepper
- Fresh chives (optional)

In a mixing bowl stir together the 1 tablespoon olive oil, lemon juice, snipped chives, basil, mint, and garlic. Add crabmeat, shrimp, plum tomatoes, and onion; toss to coat. Cut the baguette into 48 thin slices; brush one side of each slice with some of the 2 tablespoons olive oil; sprinkle lightly with pepper. Arrange bread, brushed side up, on baking sheet. Broil 3 to 4 inches from heat for 1 to 2 minutes till toasted. Turn and broil other side till toasted. Arrange, oiled side up, on a serving platter; spoon seafood mixture on top. If desired, garnish with fresh chives. Serve at once. Makes 48 appetizer servings.

Nutrition facts per serving: 24 cal., 1 g total fat (0 g sat. fat), 12 mg chol., 39 mg sodium, 2 g carbo., 0 g fiber, 2 g pro. Daily Values: 0% vit. A, 2% vit. C, 0% calcium, and 1% iron.

Photographs: Scott Little





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1 package prepared spinach salad

1 can sliced mushrooms

Oil and vinegar dressing

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BH&G kids®

At the Beach

It's a timeless tradition: the annual (or weekly) trek to the beach to frolic in the sand and surf. We have some ideas to make your day in the sun even brighter. Explore the next few pages to find crafts, activities, and tips for your next beach outing.

continued on page 218

PHOTOGRAPHS: MICHAEL GARDANO; ANDY LYONS. ILLUSTRATIONS: JIM FALLON. PHOTO STYLIST: ROBIN TUCKER

BH&G kids

continued from page 217

CONTRIBUTORS TO THIS SECTION: HEIDI BOYD, NANCY SANDERS, BARBARA VASKE, TAMARA KUHN





funscreens you can make

ad-visor-y: these hats will turn heads

Purchase plastic visors and fun foam at a craft supply store. (For the crab visor, you'll also need a chenille stem cut in two 4-inch pieces and two black pompoms.) Trace the shapes *(page 226)* onto the fun foam. Cut out and hot-glue to the visors. For the crab's eyes, glue pompoms to the chenille stems, and glue chenille stems to the inside top edge of the visor.

continued on page 220

Oh-h-h say can you see that big smile on their face?



Summer fun is a breeze with these 4th of July cutouts!

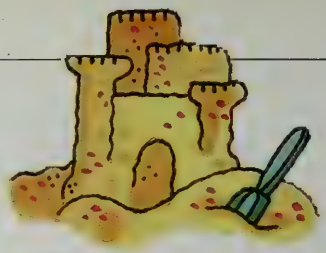
1. Prepare one batch of ***Kellogg's® Rice Krispies Treats®*** Recipe through step 2 as shown on the box.
2. Press mixture evenly into 15½ x 10½ x 1-inch pan coated with cooking spray. While warm, decorate with individual red, white and blue candy sprinkles, alternately making stripes (about ½-inch apart) across the top. Cool completely.
3. Using a 3½-inch cookie cutter, cut into star shapes and serve on an ice cream stick. Makes 9 stars. Loyal chocolate lovers can substitute ***Kellogg's® Cocoa Krispies®*** cereal!

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Did you treat someone nice today?

BH&G kids *continued from page 218*



tideproof castles

make a keepsake from a cup of sand

What you'll need:
1 cup sand
½ cup cornstarch
1 tsp. cream of tartar
¾ cup hot water

Besides the bits of sand you'll bring home on your blanket, in your shoes, between your toes, and in your shorts, collect a bucketful from the beach to make souvenir sand sculptures later.

Here's how: Mix sand, cornstarch, and cream of tartar in an old saucepan. Add hot water. Cook over medium heat, stirring constantly until the mixture is very thick and can't be stirred. When slightly cooled, form clay into castles or other shapes. Imprint stone patterns by pressing a bamboo skewer or toothpicks into the wet clay. Cut paper flags and glue them to toothpicks. Push the toothpicks into the clay before it dries.

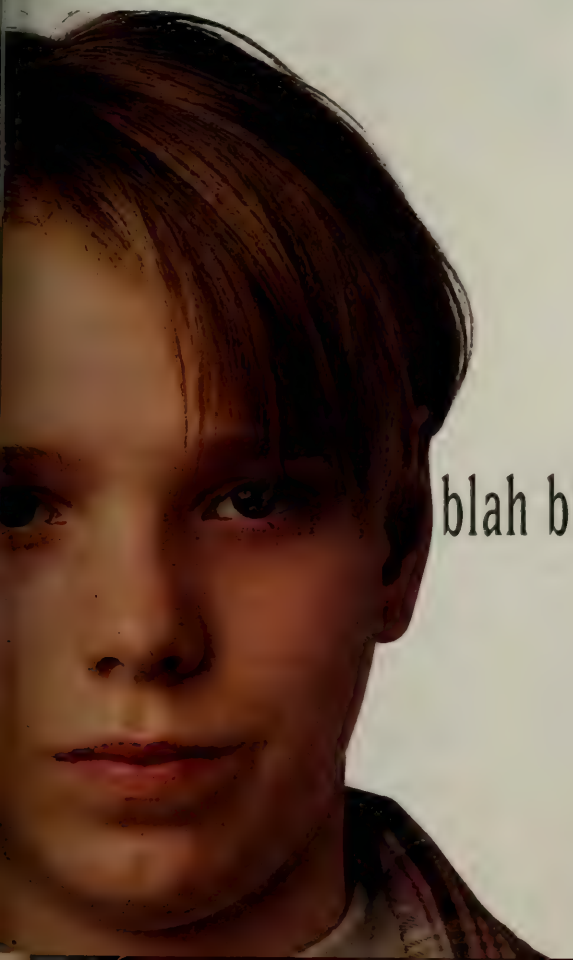
Allow several days to dry. Store leftover clay in an airtight container. Makes approximately 2 cups.

How to talk to your child about drinking so he won't just hear

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continued on page 222



Let's face it. The subject of drinking isn't easy to discuss with your kids. But talking about it can make all the difference. In fact, according to kids themselves, parents have more influence than anyone else when it comes to choosing whether or not to drink.*

That's why Anheuser-Busch developed a helpful guide called "Family Talk about Drinking." Written

blah blah blah blah blah blah blah blah.

by authorities on child and family issues, this booklet covers topics like peer pressure, teen drinking, and drinking and driving. For a free copy call 1-800-359-TALK.

Your child wants your guidance and needs your involvement. Regardless of how it may seem, if you let him know you care, he'll be all ears.

*The Roper Youth Report, 1996

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continued from page 221



scoopers and dumpers

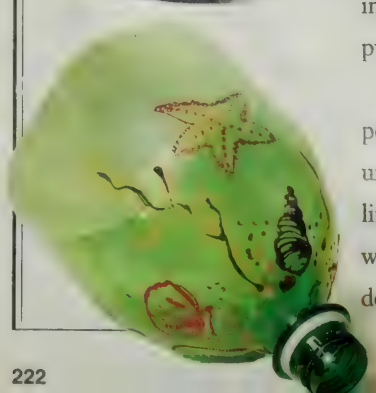


Recycle soda bottles to make seaworthy toys

What you'll need:
Empty 2-liter bottle
Puff paints
Scissors

Remove the label from the 2-liter bottle. Ask an adult to cut the bottle in half. Decorate both halves with puff paints.

At the beach, the bottom makes a perfect sand castle form. Or, lower it under the water and take a look at the life down there. Funnel sand and water through the top half to create designs in the sand.



beach GAMES



Sand trap. Bury 9 cups in the sand with their tops at ground level. Players roll or putt three golf balls to try to get three in a row in the cups. Present the winners with sand dollars, starfish, or sandwiches.

Beachcombers. Here's an idea to keep the kids busy while Mom and Dad relax. Dig a small hole in the sand for each child. Then give them a list of items they must bring back and place in their spot. The first one to find all the items wins a prize. (Make sure you tell the kids how far they can stray, and that they shouldn't take something that belongs to someone else.) Here's a list of stuff to scavenge:

- 10 shells that are not damaged
- 10 shells with holes in them (which can be strung for jewelry later)
- 10 shells smaller than a dime
- 10 pebbles bigger than a quarter
- 10 items that are blue (purple, orange, round, square, rough)

Save the items to create mosaics and collages after you get home.

continued on page 224

low to help our child ut of diapers nd into Big Kid" pants or keeps.

our child in toilet training? About start? Your timing is perfect! Today's ll-Ups® training pants help motivate ds to start and stay with training as no aper can.

From Baby to "Big Kid™"

ith their slim, trim fit and special signs for boys and girls, Pull-Ups look, and feel more like "Big Kid" underwear an any diaper. They take advantage of toddler's natural desire to be a "Big Kid," ot a baby. Moms who have been there ill tell you, this can make potty training sier – on both of you.

Diapers say "No you can't."
Pull-Ups say "Yes you can!"

ecause Pull-Ups really *are* pants, not iapers, kids can pull them off and on l by themselves. Kids feel more dependent, because they *are* more dependent. Putting a child back in iapers is like going back a grade in chool. It doesn't further training. The onsistent use of Pull-Ups does. They tell he child "you're getting big." They even ook more like "Big Kid" underwear han ever, with their back label and heir special graphics – fly-front for boys, ruffles for girls, just like pants older kids wear.







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An excellent interactive training guide is available from Pull-Ups. Developed with the help of pediatricians, it covers pretty much everything parents and children need to know to succeed. Lots of fun activities and stickers help you keep interest and motivation high every step of the way. Better yet, it's almost free. ($1 for printing, postage, the works.) For your copy, please write to Pull-Ups Training Guide, P.O. Box 1007, Maple Plain, MN 55592.

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Thank goodness for Chef Boyardee

BH&G kids

continued from page 222

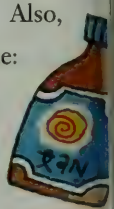


lifesavers



1- Flag 'em down. On large beaches it's easy for kids (and parents) to lose track of the family plot. For an easy spotter, make a family flag. Use an old pillowcase, or purchase a piece of nylon. Paint your family name and some designs on the flag. Attach it to an old broomstick, put it in the trunk and keep it there for beach outings, camping, soccer games, reunions, picnics, and other family events.

2- Beach babies. Include an inflatable wading pool with your beach supplies for little ones who don't want to brave the waves but still want to splash in the water. Set the pool up near your beach chairs and enlist a bucket brigade to provide the water. (Never leave the child unattended in the pool. Also, make sure you provide shade: the water's reflection adds to the sun's intensity.)



3- Pack it in. Pack a washable backpack with everything you need for the beach but always forget: First-aid items, sunscreen, lip protection, insect repellent, bottle of water, disposable wipes. Keep an extra set of car keys in the bag for accidental lockouts. Don't forget a nonperishable snack and your favorite magazine. Keep the survival kit in the car for your frequent trips, and place it under a chair or in a shady spot at the beach to prevent melting.

An after-school lesson *in* simple mathematics.



Peanut Butter & Jelly Sandwich
(2 Tbsp PB, 1Tbsp Jelly, 2 Slices Bread)

Calories	**360**
Calories from Fat	**150**
Fat	**18g**



Chef Boyardee® Beef Ravioli
(1 cup serving)

Calories	**230**
Calories from Fat	**45**
Fat	**5g**

An after-school meal doesn't have to be a fat fest. Consider a hot bowl of Chef Boyardee® Beef Ravioli. One serving has fewer calories and less than 1/3 the fat of a PB&J. Chef Boyardee Beef Ravioli is made with enriched pasta, sun-ripened tomatoes and 100% USDA-inspected beef. With no preservatives.

So when your kids come home starving after school, give them something you both like.



Thank goodness for Chef Boyardee

See product label for information on sodium and other nutrients.

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Benadryl relieves your kid's allergies. Inside and Out.

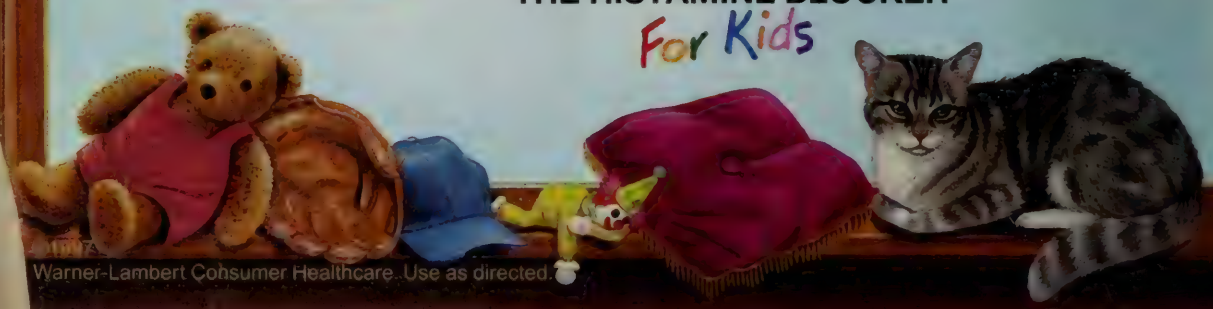




There are just as many things that cause allergies inside the home as there are outside. That's why there's Benadryl. It's the allergy medicine pediatricians recommend most to relieve allergy symptoms that come from inside and outside the home.

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For Kids



Warner-Lambert Consumer Healthcare. Use as directed.

reader shopping



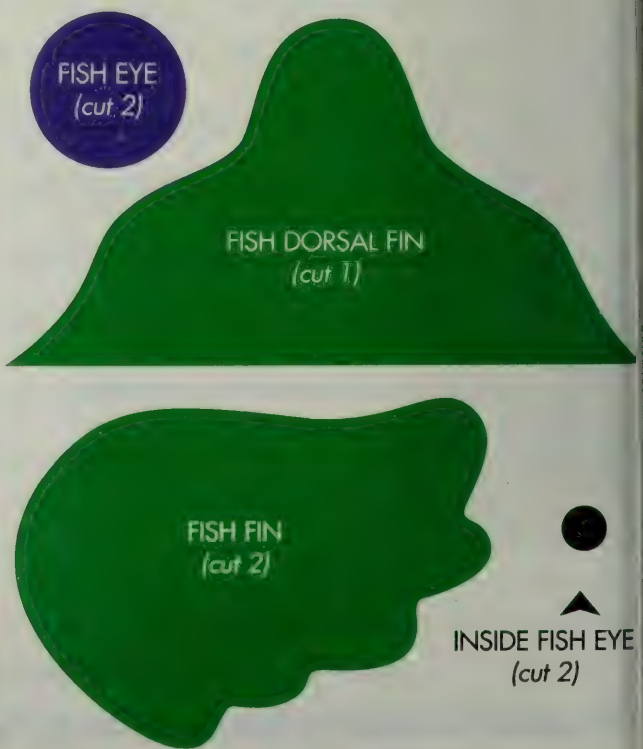
The Beach Book and Beach Bucket Set is part of the Hand in Hand with Nature Series from Workman Publishing. Popular with young naturalists, the series combines field guides with field materials to make science come alive. The information is lively, the activities engaging, the learning serious, and the packaging irresistible.

More than 40 species of saltwater plants and animals are illustrated in ***The Beach Book***, a 64-page softcover book. It comes packaged with a durable, clear plastic Beach Bucket topped with a perforated lid designed for sifting and scooping sand. Suitable for ages 5-10, this set is a winner of the Parents' Choice Award. The price of the set is $12.95, which includes shipping, handling, and applicable sales tax.

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Visor patterns

from page 218



Enlarge each piece 200% on a copy machine, then trace onto fun foam.

CRAB CLAW
(cut 2)

CRAB EYE
(cut 2)

SHARK EYE
(cut 2)

SHARK
DORSAL FIN
(cut 1)

SHARK TEETH
(cut 1)

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(cut 2)

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(cut 1)



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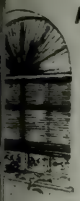


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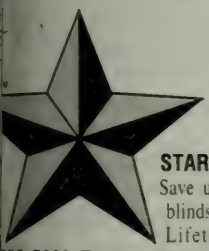
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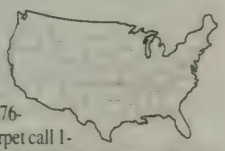
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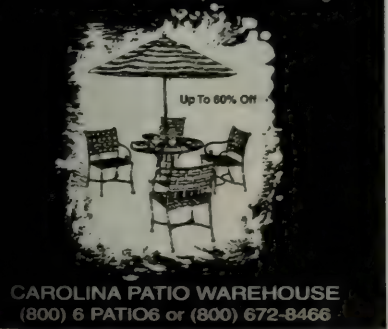
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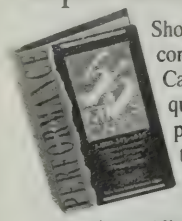
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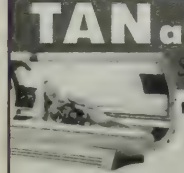
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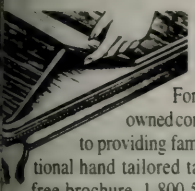
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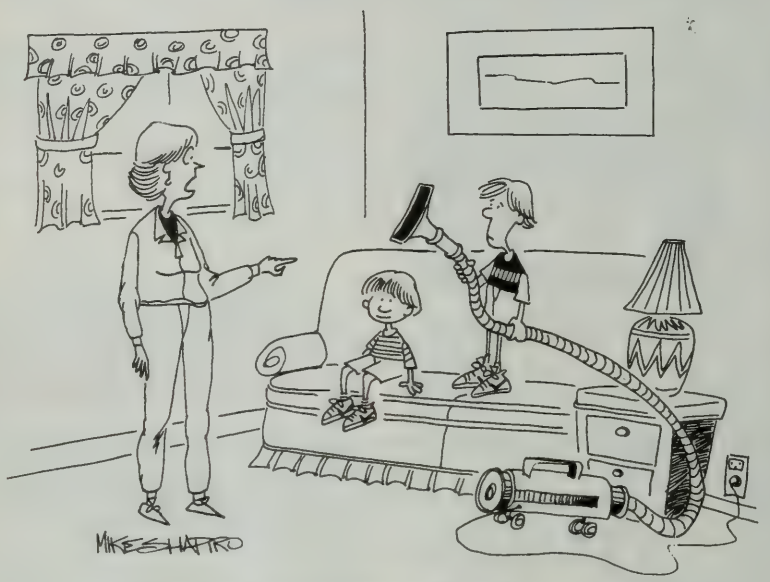
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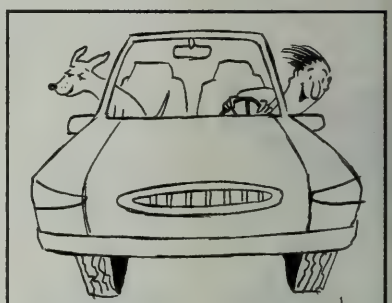
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JULY 1997



"I don't care what you saw on TV, you do not cut your brother's hair with the vacuum cleaner!"



"Say, this is fun!"

The son of a good friend of mine recently joined the Army. In a letter home, the new recruit told his dad it was easy qualifying on the rifle range—thanks to all those years he spent in the arcade!

Whenever hardware store owner Dale Goebel thinks his customers' lives are reaching a frantic pace, he reprograms the cash register for the day so the bar-code scanner won't work. He figures the few minutes it takes to manually ring up each item allow customers a chance to stop and catch their breath.

Ned Carter, long a foe of government expansion, has grown so weary of tending to his wife's backyard vegetable plot that he is suggesting the city adopt a zoning ordinance that prohibits large gardens.

Budding artist Elaine Cowan likes to display her artwork at summer art festivals. While her still-to-be-discovered masterpieces don't always attract attention, she says she's managed to sell most of the frames for twice what she paid for them.



"You're not looking sufficiently awestruck, Harry."

Lee Bayless confesses that he's so preoccupied with looking for obstacles in the big picture that he keeps stumbling over the curb right under his feet.

I think most drivers are determined to be conscientious, although any real progress in that direction will have to wait until they get off their car phones.

Burton Hillis

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Your future is too valuable a thing to risk with **high cholesterol.** If you do something now, you may improve your chances of being there to play your part.

High cholesterol can lead to heart disease (and death). If you've been trying to lower your cholesterol with diet and exercise and still haven't reached your goal, ask your doctor about adding ZOCOR.

More than 3.1 million people around the world have taken ZOCOR. It works by reducing potentially dangerous levels of LDL (bad) cholesterol in the bloodstream. Results can vary, but ZOCOR is the only medicine that's actually been proven to help save the lives of people with high cholesterol and heart disease.

A landmark five-year study among heart disease patients with high cholesterol demonstrated dramatic results for ZOCOR: fewer cardiac procedures, fewer heart attacks, and 42% fewer deaths from heart disease.

ZOCOR is a prescription medication and only your doctor or health care professional can determine whether you should take it. In clinical studies, liver abnormalities were experienced by 1% of patients. Some people should not take ZOCOR: people with active liver disease or possible liver problems, women who are pregnant, likely to become pregnant, or are breast-feeding, or people who are allergic to any of its ingredients.

When you talk to your doctor about ZOCOR, be sure to mention any medications you are taking, to avoid possible serious drug interactions. Be sure to tell your doctor if you experience any unexplained muscle pain or weakness while taking ZOCOR, since this could be a sign of serious side effects. Finally, discuss any other side effects with your doctor.

To get your free copy of "Surviving High Cholesterol," call **1-800-224-4089.** Visit our Web site at **http://www.zocor.com**

Please read the next page for a summary of prescribing information and discuss it with your doctor.



Ask your doctor about ZOCOR– the only cholesterol medicine proven to help save lives among people with high cholesterol and heart disease.

- Does my high cholesterol put me at risk?
- Should I consider adding ZOCOR to my diet and exercise plan?
- Could ZOCOR reduce my chances of having a heart attack?
- What are the side effects of ZOCOR?
- What type of results can I expect from ZOCOR?

ZOCOR is indicated as an addition to diet for patients with high cholesterol when diet and exercise are inadequate.

ZOCOR. The cholesterol medicine that helps save lives. MERCK

ZOCOR®
(SIMVASTATIN)

PLEASE READ THIS SUMMARY CAREFULLY, AND THEN ASK YOUR DOCTOR ABOUT ZOCOR. NO ADVERTISEMENT CAN PROVIDE ALL THE INFORMATION NEEDED TO PRESCRIBE A DRUG. THIS ADVERTISEMENT DOES NOT TAKE THE PLACE OF CAREFUL DISCUSSIONS WITH YOUR DOCTOR. ONLY YOUR DOCTOR HAS THE TRAINING TO WEIGH THE RISKS AND BENEFITS OF A PRESCRIPTION DRUG FOR YOU.

USES OF ZOCOR

ZOCOR is a prescription drug that is indicated as an addition to diet for many patients with high cholesterol when diet and exercise are inadequate. For patients with coronary heart disease (CHD) and high cholesterol, ZOCOR is indicated as an addition to diet to reduce the risk of death by reducing coronary death; to reduce the risk of heart attack; and to reduce the risk for undergoing myocardial revascularization procedures (coronary artery bypass grafting and percutaneous transluminal coronary angioplasty).

WHEN ZOCOR SHOULD NOT BE USED

Some people should not take ZOCOR. Discuss this with your doctor.

ZOCOR should not be used by patients who are allergic to any of its ingredients. In addition to the active ingredient simvastatin, each tablet contains the following inactive ingredients: cellulose, lactose, magnesium stearate, iron oxides, talc, titanium dioxide, and starch. Butylated hydroxyanisole is added as a preservative.

Patients with liver problems: ZOCOR should not be used by patients with active liver disease or repeated blood test results indicating possible liver problems. (See WARNINGS.)

Women who are or may become pregnant: Pregnant women should not take ZOCOR because it may harm the fetus. **Women of childbearing age should not take ZOCOR unless it is highly unlikely that they will become pregnant.** If a woman does become pregnant while on ZOCOR, she should stop taking the drug and talk to her doctor at once.

Women who are breast-feeding should not take ZOCOR.

WARNINGS

Liver: About 1% of patients who took ZOCOR in clinical trials developed elevated levels of some liver enzymes. Patients who had these increases usually had no symptoms. Elevated liver enzymes usually returned to normal levels when therapy with ZOCOR was stopped.

Your doctor should perform routine blood tests to check these enzymes before and during treatment with ZOCOR. The tests should occur at 6 weeks and 12 weeks after you begin taking ZOCOR, and about every 6 months thereafter. If your enzyme levels increase, your doctor should order more frequent tests. If your liver enzyme levels remain unusually high, your doctor should discontinue your medication.

Tell your doctor about any liver disease you may have had in the past and about how much alcohol you consume. ZOCOR should be used with caution in patients who consume large amounts of alcohol.

Muscle: Tell your doctor right away if you experience any muscle pain, tenderness, or weakness at any time during treatment with ZOCOR, particularly if you have a fever or if you are generally not feeling well, so your doctor can decide if ZOCOR should be stopped. Some patients may have muscle pain or weakness while taking ZOCOR. Rarely, this can include muscle breakdown resulting in kidney damage. The risk of muscle breakdown is greater in patients taking certain other drugs along with ZOCOR, such as the lipid-lowering drug Lopid* (gemfibrozil), a fibrate; lipid-lowering doses of nicotinic acid (niacin); the antibiotic erythromycin; antifungal drugs that are azole derivatives, such as itraconazole; or drugs that suppress the immune system (called immunosuppressive drugs, such as Sandimmune [cyclosporine]). Therapy with ZOCOR should be temporarily interrupted if you are going to take an azole derivative antifungal medication, such as itraconazole. Patients using ZOCOR along with any of these other drugs should be carefully monitored by their physician. The risk of muscle breakdown is greater in patients with kidney problems or diabetes.**

If you have conditions that can increase your risk of muscle breakdown, which in turn can cause kidney damage, your doctor should temporarily withhold or stop ZOCOR. Such conditions include severe infection, low blood pressure, major surgery, trauma, severe metabolic, endocrine and electrolyte disorders, and uncontrolled seizures. Discuss this with your doctor, who can explain these conditions to you.

Because there are risks in combining therapy with ZOCOR with lipid-lowering doses of nicotinic acid (niacin) or with drugs that suppress the immune system, your doctor should carefully weigh the potential benefits and risks. He or she should also carefully monitor patients for any muscle pain, tenderness, or weakness, particularly during the initial months of therapy and if the dose of either drug is increased. Your doctor may also monitor the level of certain muscle enzymes in your body, but there is no assurance that such monitoring will prevent the occurrence of severe muscle disease.

PRECAUTIONS

Before starting treatment with ZOCOR, try to lower your cholesterol with other methods such as diet, exercise, and weight loss. Ask your doctor about how best to do this. Any other medical problems that can cause high cholesterol should also be treated.

ZOCOR is less effective in patients with the rare disorder known as homozygous familial hypercholesterolemia.

Drug Interactions: Because of possible serious drug interactions, it is important to tell your doctor what other drugs you are taking, including those obtained without a prescription.

ZOCOR® (simvastatin) can interact with Lopid, niacin, erythromycin, certain antifungal drugs, and drugs that suppress the immune system (called immunosuppressive drugs, such as Sandimmun WARNINGS, Muscle.)

Some patients taking lipid-lowering agents similar to ZOCOR® (simvastatin) and coumarin anticoa (a type of blood thinner) have experienced bleeding and/or increased blood clotting time. Patier these medicines should have their blood tested before starting therapy with ZOCOR and should to be monitored.

Endocrine (Hormone) Function: ZOCOR and other drugs in this class may affect the produ certain hormones. Caution should be exercised if a drug used to lower cholesterol levels is adm to patients also receiving other drugs (e.g., ketoconazole, spironolactone, cimetidine) that may the levels or activity of hormones. If you are taking any such drugs, tell your doctor.

Central Nervous System Toxicity; Cancer, Mutations, Impairment of Fertility: Li prescription drugs, ZOCOR was required to be tested on animals before it was marketed for hun Often these tests were designed to achieve higher drug concentrations than humans achieve at mended dosing. In some tests, the animals had damage to the nerves in the central nervous sy studies of mice with high doses of ZOCOR, the likelihood of certain types of cancerous tumors in No evidence of mutations of or damage to genetic material has been seen. In one study with there was decreased fertility in male rats.

Pregnancy: Pregnant women should not take ZOCOR because it may harm the fetus.

Safety in pregnancy has not been established. There have been no reports of birth defects in the of patients taking ZOCOR. However, in studies with lipid-lowering agents similar to ZOCOR, the been rare reports of birth defects of the skeleton and digestive system. Therefore, women of child age should not take ZOCOR unless it is highly unlikely they will become pregnant. If a woma become pregnant while taking ZOCOR, she should stop taking the drug and talk to her doctor at on active ingredient of ZOCOR did not cause birth defects in rats at 6 times the human dose or in ra 4 times the human dose.

Nursing Mothers: Drugs taken by nursing mothers may be present in their breast milk. Becaus potential for serious adverse reactions in nursing infants, a woman taking ZOCOR should not feed. (See WHEN ZOCOR SHOULD NOT BE USED.)

Pediatric Use: ZOCOR is not recommended for children or patients under 20 years of age.

SIDE EFFECTS

Most patients tolerate treatment with ZOCOR well; however, like all prescription drugs, ZOCOR car side effects, and some of them can be serious. Side effects that do occur are usually mild and lived. Only your doctor can weigh the risks versus the benefits of any prescription drug. In clinica ies with ZOCOR, less than 1.5% of patients dropped out of the studies because of side effects. In a long-term study, patients taking ZOCOR experienced similar side effects to those patients taking p (sugar pills). Some of the side effects that have been reported with ZOCOR or related drugs are below. This list is not complete. Be sure to ask your doctor about side effects before taking ZOCO to discuss any side effects that occur.

Digestive System: Constipation, diarrhea, upset stomach, gas, heartburn, stomach pain/cr anorexia, loss of appetite, nausea, inflammation of the pancreas, hepatitis, jaundice, fatty changes liver, and, rarely, severe liver damage and failure, cirrhosis, and liver cancer.

Muscle, Skeletal: Muscle cramps, aches, pain, and weakness; joint pain; muscle breakdown.

Nervous System: Dizziness, headache, insomnia, tingling, memory loss, damage to nerves ca weakness and/or loss of sensation and/or abnormal sensations, anxiety, depression, tremor, l balance, psychic disturbances.

Skin: Rash, itching, hair loss, dryness, nodules, discoloration.

Eye/Senses: Blurred vision, altered taste sensation, progression of cataracts, eye muscle weakn

Hypersensitivity (Allergic) Reactions: On rare occasions, a wide variety of symptoms have reported to occur either alone or together in groups (referred to as a syndrome) that appeared to be t on allergic-type reactions, which may rarely be fatal. These have included one or more of the follo a severe generalized reaction that may include shortness of breath, wheezing, digestive symptoms low blood pressure and even shock; an allergic reaction with swelling of the face, lips, tongue a throat with difficulty swallowing or breathing; symptoms mimicking lupus (a disorder in which a per immune system may attack parts of his or her own body); severe muscle and blood vessel inflamma bruises; various disorders of blood cells (that could result in anemia, infection, or blood clotting p lems) or abnormal blood tests; inflamed or painful joints; hives; fatigue and weakness; sensitivity to light; fever, chills; flushing; difficulty breathing; and severe skin disorders that vary from rash to a se burn-like shedding of skin all over the body, including mucous membranes such as the lining o mouth.

Other: Loss of sexual desire, breast enlargement, impotence.

Laboratory Tests: Liver function test abnormalities including elevated alkaline phosphatase and bi bin; thyroid function abnormalities.

NOTE: This summary provides important information about ZOCOR. If you would more information, ask your doctor or pharmacist to let you read the professional label and then discuss it with them.

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Cover Photograph: Colleen Duffley

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Style in the Making
Make a party perfect with these tabletop ideas



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"The Way We Were." "They're Playing Our Song." "A Chorus Line." If music is the universal language, few people are more eloquent than Marvin Hamlisch. His choice of patio doors in his recently-remodeled vacation home speaks volumes, too. Marvin Hamlisch chose Marvin. If making your home more beautiful and functional strikes a chord with you, call 1-800-346-5128 (1-800-263-6161 in Canada) or mail the coupon for a free brochure.



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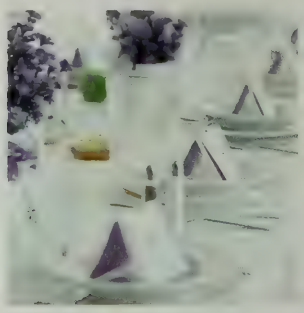
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THE CANDY BAR NATURE INTENDED.

between friends



ANDY LYONS PHOTOGRAPHED AT THE BLUE HERON, DULUTH, MN

My Norwegian-born grandmother introduced me to coffee at about the age most youngsters are introduced to solid food. Well, perhaps I wasn't *that* young, but I know I wasn't in kindergarten when Gram first started putting a little of her coffee into my milk, gradually increasing the coffee-to-milk ratio. And long before my teen years I could drink "church basement egg coffee" with the best of the old-country coffee drinkers.

I still enjoy coffee. Enough so that my Saturday morning errand-running ritual usually includes ducking into a neighborhood coffeehouse to try out a new blend. But that will soon change. Come fall, I'll enjoy my weekend coffee most while watching TV, trying out a new show—ours! That's right, we're moving into television.

Our magazine's new half-hour program, simply called *Better Homes and Gardens*™, premieres the second weekend in September. It's a fast-paced, idea-packed show that's designed to give you the same kind of helpful ideas you expect from the magazine, now in a lively TV format. You'll find decorating and building ideas, recipes and easy-to-master cooking techniques, garden tips, health and parenting information, even snips from *BH&G Kids*® for small-fry fun. Check your local listing for the network station carrying *Better Homes and Gardens.*

Mark your calendar. Then pour yourself a cup of coffee and come join us. You can bet that's what I'm going to do!

Jean LemMon

Jean LemMon, *Editor in Chief*



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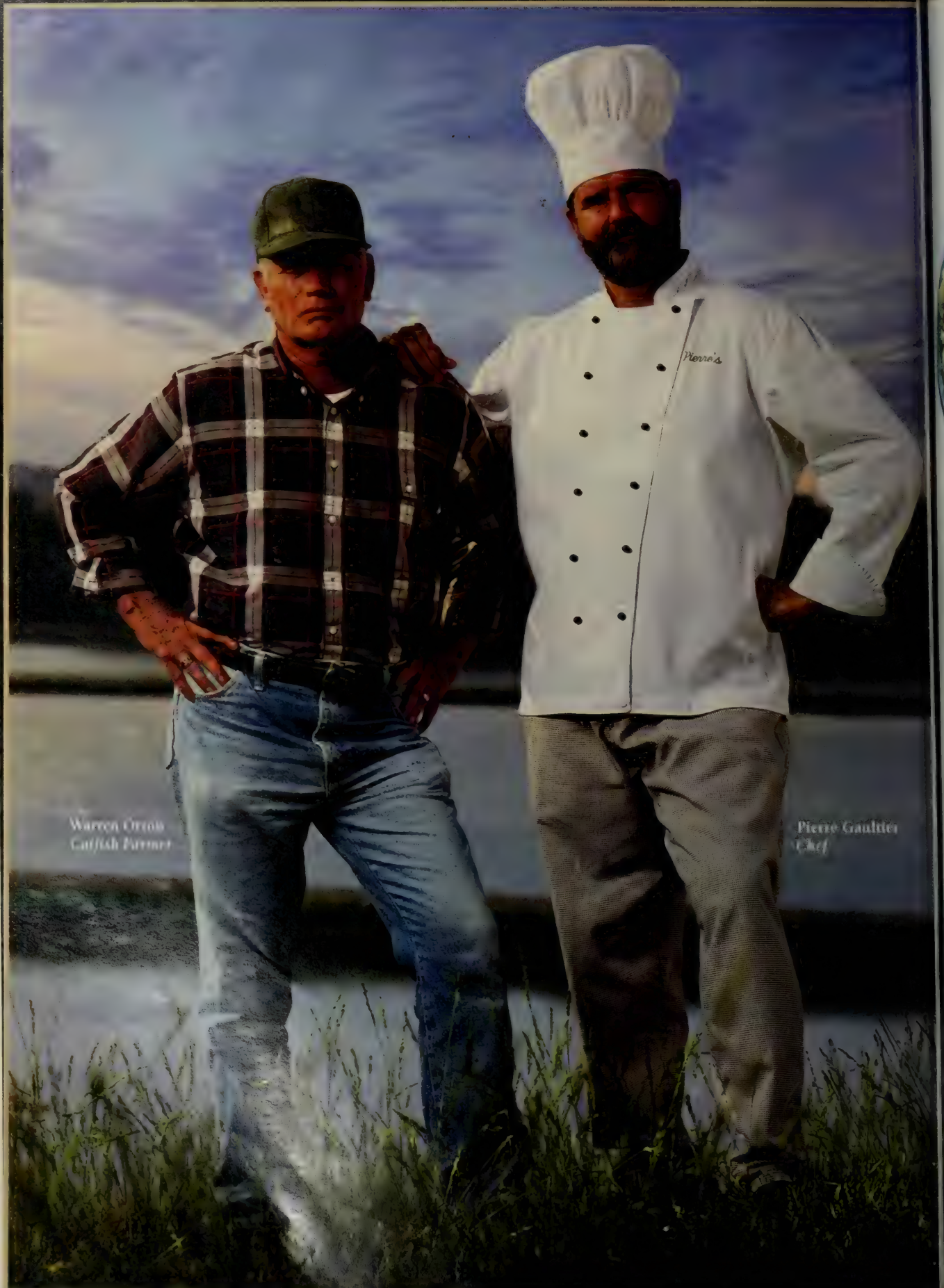
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B. Bader
Hartsdale, N.Y.

Scent-sational Garden

Since we don't have room to grow many fruits or vegetables in our tiny urban garden, I've had to find creative ways to encourage my 3-year-old's interest. Noticing how he loved to smell roses, I created a "smell" garden that includes herbs, flowers, onions, celery, anise, mint, and other plants. He loves rubbing leaves between his hands to release the odors. Sam was the hit of his preschool when he brought a dozen bags of "Smells from Sammy's Garden" to share.

Carolyn James
San Francisco, Calif.

Personalize Life Jackets And Kids Will Wear Them

Our children hated wearing life jackets when out on their grandparents' boat until we let each child decorate a life vest with fabric paint. Each vest is unique, and as it's outgrown, it is passed down to another grandchild who adds his or her own artwork.

Kerri Kerber
Bradenton, Fla.

Meet-the-Family Shower

Our son's fiancée lives in another state and hadn't met all our relatives, so we arranged a meet-the-family shower. We designed it as an outdoor treasure hunt. As guests arrived, gifts were quickly hidden in spots significant to our son's growing-up years. Rhyming clues took the engaged couple all around our property. It was a great way to share family stories and was a good icebreaker.

Phyllis Byrne
North Wales, Pa.

Baby's Bears Wear Child's Outgrown Clothing

When our son outgrew his infant clothing, we dressed his teddy bears in the too-small overalls and hand-knit sweaters. This showcased the "bearly" worn clothing that was made especially for him by relatives and friends. The bears will always have sentimental value.

Elizabeth Fox
Reynoldsburg, Ohio

Neighbor Offers Kids Personal Pet-Care Workshop

Two neighborhood children who love our affectionate Siamese cat are getting their own kitten soon. To help them raise a secure and loving pet, I'm going to teach them how to prepare and care for a new kitten. I plan to hold two classes followed by a short test and a graduation dinner. They'll be rewarded with a diploma, cat supplies, and a photograph of themselves.

Barbara Askler
Mendota Heights, Minn.

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Differin™ (adapalene gel) GEL, 0.1%

BRIEF SUMMARY

INDICATIONS AND USAGE: DIFFERIN Gel is indicated for the topical treatment of acne vulgaris.

CONTRAINDICATIONS: DIFFERIN Gel should not be administered to individuals who are hypersensitive to adapalene or any of the components in the vehicle gel.

WARNINGS: Use of DIFFERIN Gel should be discontinued if hypersensitivity to any of the ingredients is noted. Patients with sunburn should be advised not to use the product until fully recovered.

PRECAUTIONS: ***General:*** If a reaction suggesting sensitivity or chemical irritation occurs, use of the medication should be discontinued. Exposure to sunlight, including sunlamps, should be minimized during the use of adapalene. Patients who normally experience high levels of sun exposure, and those with inherent sensitivity to sun, should be warned to exercise caution. Use of sunscreen products and protective clothing over treated areas is recommended when exposure cannot be avoided. Weather extremes, such as wind or cold, also may be irritating to patients under treatment with adapalene.

Avoid contact with the eyes, lips, angles of the nose, and mucous membranes. The product should not be applied to cuts, abrasions, eczematous skin, or sunburned skin.

Certain cutaneous signs and symptoms such as erythema, dryness, scaling, burning, or pruritus may be experienced during treatment. These are most likely to occur during the first two to four weeks and will usually lessen with continued use of the medication. Depending upon the severity of adverse events, patients should be instructed to reduce the frequency of application or discontinue use.

Drug Interactions: As DIFFERIN Gel has the potential to produce local irritation in some patients, concomitant use of other potentially irritating topical products (medicated or abrasive soaps and cleansers, soaps and cosmetics that have a strong drying effect, and products with high concentrations of alcohol, astringents, spices, or lime) should be approached with caution. Particular caution should be exercised in using preparations containing sulfur, resorcinol, or salicylic acid in combination with DIFFERIN Gel. If these preparations have been used, it is advisable not to start therapy with DIFFERIN Gel until the effects of such preparations in the skin have subsided.

Carcinogenesis, Mutagenesis, Impairment of Fertility: Carcinogenicity studies with adapalene have been conducted in mice at topical doses of 0.3, 0.9, and 2.6 mg/kg/day and in rats at oral doses of 0.15, 0.5, and 1.5 mg/kg/day, approximately 4-75 times the maximal daily human topical dose. In the oral study, positive linear trends were observed in the incidence of follicular cell adenomas and carcinomas in the thyroid glands of female rats, and in the incidence of benign and malignant pheochromocytomas in the adrenal medullas of male rats.

No photocarcinogenicity studies were conducted. Animal studies have shown an increased tumorigenic risk with the use of pharmacologically similar drugs (e.g., retinoids) when exposed to UV irradiation in the laboratory or to sunlight. Although the significance of these studies to human use is not clear, patients should be advised to avoid or minimize exposure to either sunlight or artificial UV irradiation sources.

In a series of *in vivo* and *in vitro* studies, adapalene did not exhibit mutagenic or genotoxic activities.

Pregnancy: Teratogenic effects. Pregnancy Category C. No teratogenic effects were seen in rats at oral doses of adapalene 0.15 to 5.0 mg/kg/day, up to 120 times the maximal daily human topical dose. Cutaneous route teratology studies conducted in rats and rabbits at doses of 0.6, 2.0, and 6.0 mg/kg/day, up to 150 times the maximal daily human topical dose exhibited no fetotoxicity and only minimal increases in supernumerary ribs in rats. There are no adequate and well-controlled studies in pregnant women. Adapalene should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Nursing Mothers: It is not known whether this drug is excreted in human milk. Because many drugs are excreted in human milk, caution should be exercised when DIFFERIN Gel is administered to a nursing woman.

Pediatric Use: Safety and effectiveness in pediatric patients below the age of 12 have not been established.

ADVERSE REACTIONS: Some adverse effects such as erythema, scaling, dryness, pruritus, and burning will occur in 10-40% of patients. Pruritus or burning immediately after application also occurs in approximately 20% of patients. The following additional adverse experiences were reported in approximately 1% or less of patients: skin irritation, burning/stinging, erythema, sunburn, and acne flares. These are most commonly seen during the first month of therapy and decrease in frequency and severity thereafter. All adverse effects with use of DIFFERIN Gel during clinical trials were reversible upon discontinuation of therapy.

OVERDOSAGE: DIFFERIN Gel is intended for cutaneous use only. If the medication is applied excessively, no more rapid or better results will be obtained and marked redness, peeling, or discomfort may occur. The acute oral toxicity of DIFFERIN Gel in mice and rats is greater than 10 mL/kg. Chronic ingestion of the drug may lead to the same side effects as those associated with excessive oral intake of Vitamin A.

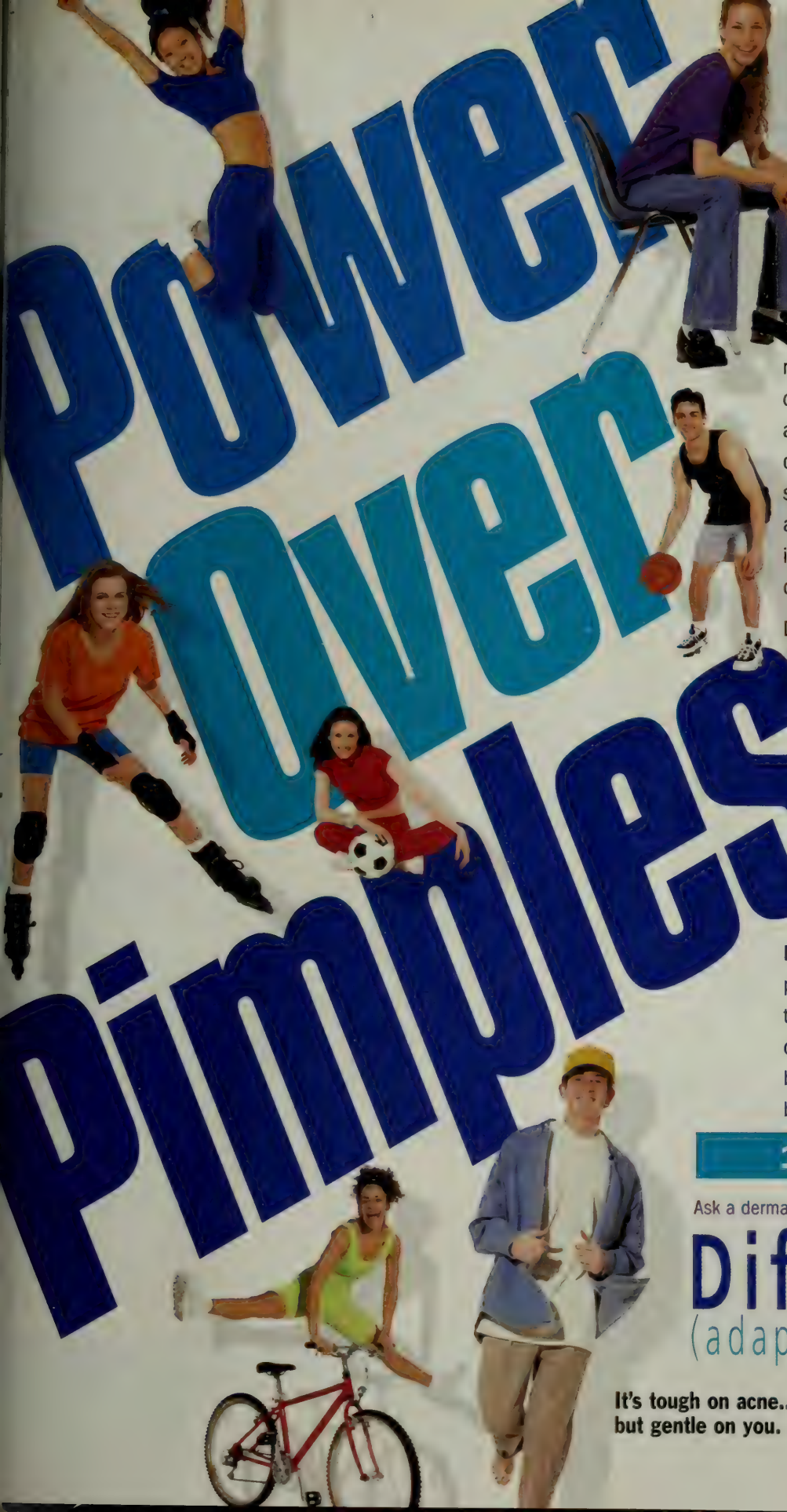
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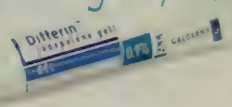
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Special-Occasion Tables

You don't really need a special occasion to pull out your party goods. On these magical midsummer nights, any excuse will do. Here are ideas for creating four festive tables that can turn any occasion—large or small—into a celebration.



All in the Family. Summer is the season for family reunions. But if this year's gathering calls for more than paper plates and picnic fare, don't sweat it. Even mismatched everyday dishes assume an elegant flair when you pick a common color scheme, add fabric flourishes, and fill the table with pitchers full of inexpensive blooms.

We chose white dishes as a starting point, since almost everyone has a few place settings. Pool the family's resources and mix patterns for fun. (Don't worry about slight color variations; that's part of the charm.) Rental stores also can supply dishes, banquet tables, and folding white chairs. Drape the tables with white sheets and add an overlay of tulle (about $2 a yard for 118-inch widths). Get more mileage from your flowers by separating them into loose, casual bouquets and placing them in all-white containers of varying sizes.



Trivia place cards get the party rolling. Each card has a question with a clue to a family member's identity. The answers are inside in case anyone needs help finding his or her seat. Fold two layers of medium-weight paper in half; stitch with gold cord.

Buying information, page 42
continued on page 24



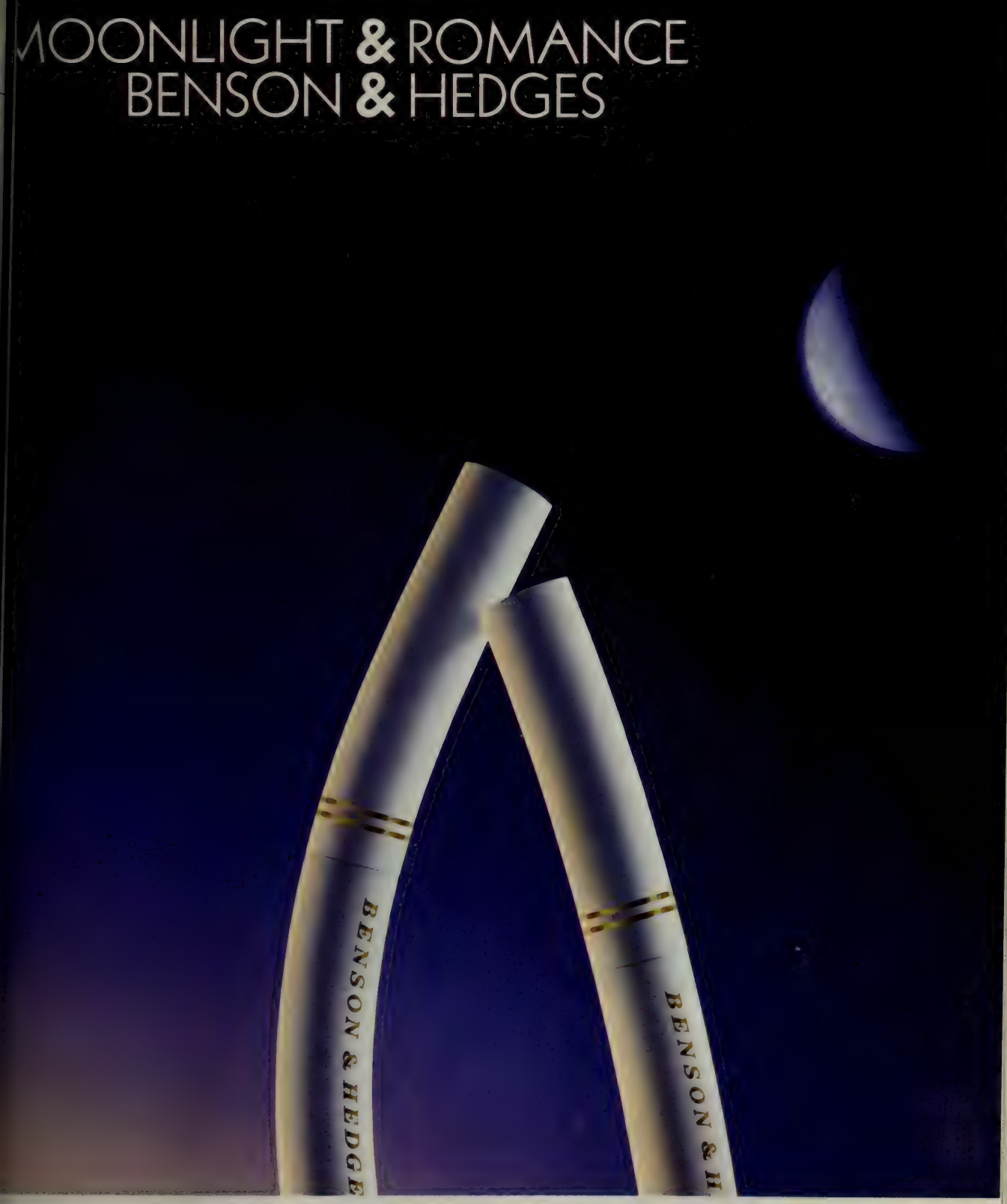
Impromptu Alfresco. Even if the closest body of water is the backyard kiddie pool, you can bring the laid-back attitude of the islands to your outdoor gatherings. Start with a color scheme that conjures images of cool breezes and sparkling waters. Carry out that lightened-up attitude with brightly colored linens and frosted glass dishes. If your outdoor furniture is looking weary, liven it up with a fresh coat of paint in a coordinating pastel shade. Be sure to sand smooth any old peeling paint or rust, then spray or brush on acrylic paint. For an exotic touch, place a single orchid and sprigs of eucalyptus in a sherbet bowl or margarita glass at each place setting. Then float a few blossoms in a bowl of water for a centerpiece. If your guests are so inclined, they can tuck the blossom behind one ear or pin it to a lapel.



To keep orchids fresh for hours, clip the stems a few inches below the flower and insert them in a plastic water tube (available at florist supply stores). Use water-soaked floral foam to hold the tube in place, then cover the foam with foliage.

continued on page 26

MOONLIGHT & ROMANCE
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A MOMENT OF PLEASURE
WITH THE 100MM CIGARETTE



Birthday Blowout. A landmark birthday calls for a real celebration. A cake filled with tiny candles just won't do. Instead, build a multilayered light "cake" that doubles as a dramatic centerpiece. Ask each guest to bring one or more glass candleholders and white candles—one for every birthday year. As guests arrive, place the candles on a round glass-topped table and light them. Leave the candles burning until the end of the evening, then let everyone help blow them out. Colorful table linens and helium balloons also help set a festive mood. Rather than making a floral centerpiece for the buffet table, tuck cloth or paper napkins in rainbow hues into a large basket. To assemble the basket, gather each napkin from the center as if you were pulling it through a napkin ring. Tuck the gathered end into the basket and let the floppy tails hang out like flower petals.



To create a layered look on party tables, drape new tea towels in coordinating colors and patterns over an inexpensive tablecloth or sheet. After the party, use the towels to refresh your kitchen stock.

continued on page 28



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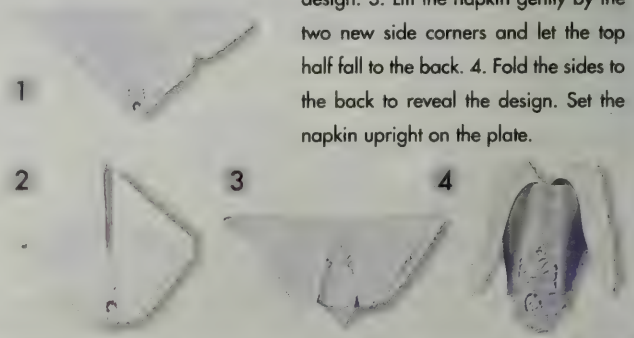
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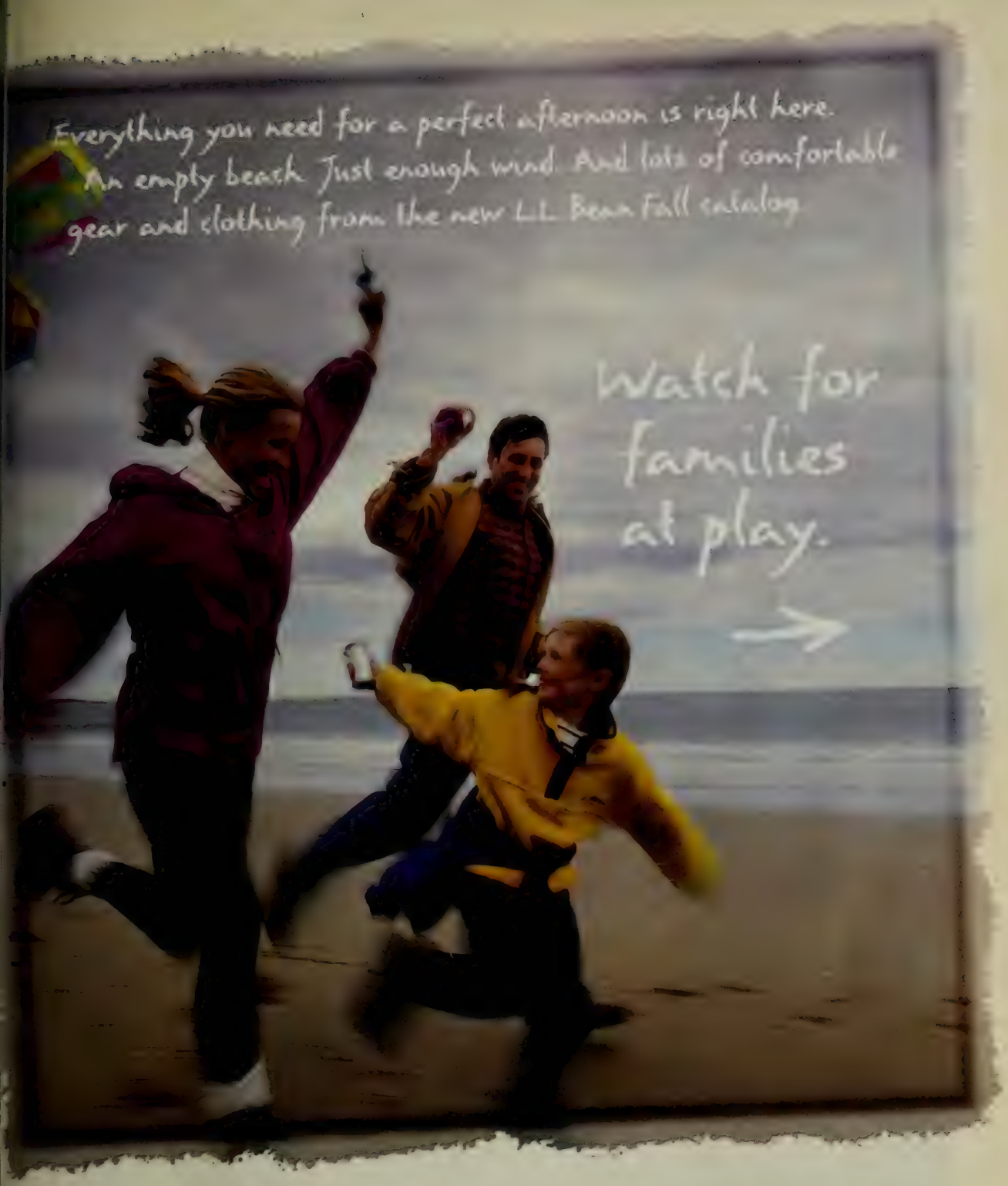
DOWBRANDS © 1997



Takeout for Two. Too hot to cook? Order in dinner tonight, but first cook up a little romance. Plan to rendezvous someplace cozy and quiet after the sun, and the kids, go down—perhaps a breezy porch or a patio under the stars. Find a small table that's just the right size for dining à deux. (Ours has removable glass over the wooden top, between which we sandwiched paper lace.) Then let the menu suggest your decorating scheme. For Chinese takeout, we chose blue-and-white plates with an Oriental feel. White tulips and frosted glass chargers freshen the look; bamboo-handled utensils add an unexpected natural twist.

To fold the napkin shown above, start with a freshly pressed and starched cotton or linen napkin, preferably one with a cutwork or embroidered design in one corner. 1. Fold the napkin in half diagonally with the design on top. 2. Flop the corners forward like rabbit ears, folding them over the design. 3. Lift the napkin gently by the two new side corners and let the top half fall to the back. 4. Fold the sides to the back to reveal the design. Set the napkin upright on the plate.





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pillow play

Come on. Let loose. These lazy days of summer are no time to get caught up in fussy decorating or complicated sewing projects. The instructions on the following pages show you how to stitch up pillows in a flash from summer-fresh fabrics that may be hiding around the house—in the linen closet, in the kitchen cupboard, even in your wardrobe. Once you're done, toss a passel of pillows on a porch swing, pile them on a patio chair, or arm yourself with a couple of softies and pick a fight with your best pal. After all, it's just in fun.



by Sharon Overton and Claudia Franklin

continued on page 32



Take A Moment To Reflect On Its Many Safety Features.

Are your eyes playing tricks on you? Nope. There's just some intense reflecting going on here. Because this really is the Metro and these really are some of its big safety ideas.

Go ahead, take a look at the steel safety cage. It surrounds the entire passenger compartment. Then there are five cross-car steel structure beams. They're five hunks of steel strategically positioned to run the width of the car from front to back. So, what's in it for you? Added structural rigidity and side impact protection. And of course, there are the two air bags, available anti-lock brakes, front and rear crush zones and Daytime Running Lamps. Well, that just about covers it.

So get to know Metro LSi Sedan. After all, buying a car this chock-full of safety ideas may cause people to reflect on other things... like your extraordinary intelligence.

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Homegrown fun. Tea towels make perfect pillows: They're readily available, even at the supermarket. They also come handily hemmed and sized; all you need to do is sew the edges. Plus, they're practically childproof. Just toss the covers—or the whole pillow—in the washer. Have fun experimenting with all the different choices—from terry to linen in stripes, checks, and screen-printed designs. For a playful interchange of color and pattern, sew together two towels in contrasting fabrics. Secure the open end with tacked-on ribbon ties. Or, fold over the edges and topstitch them closed. For sewing instructions, see *page 40.*

continued on page 34

ULTRA BIZ ELIMINATES TRAFFIC ACCIDENTS.

ULTRA BIZ GETS OUT STAINS BETTER THAN THE LEADING COLORSAFE BLEACH.

An entire morning searching kids' stores, and I found it. The perfect shorts for a car and truck maniac. Luke just loved them! But that very afternoon, Luke had a run in with BBQ sauce. It was an accident I thought the shorts would never survive. My old bleach? No way! So I tried Biz. One wash and the shorts were back on the street. Biz® really is better!



BBQ sauce on 100% cotton

Washed once in the leading colorsafe bleach.

Washed once in Ultra Biz.

THE BETTER STAIN GETTER

ULTRA BIZ for Stains!

 continued from page 32



A nip and a tuck. Take a cue from your favorite beachwear and create pillows with the same barefoot ease. Materials such as piqué, terry cloth, and cotton knit make affordable, durable pillow covers. Simply cut these wash-and-wear fabrics to fit ready-made pillow forms. Then stitch them and stuff them. Since the pillows themselves require very little sewing, you'll have more time to pay attention to dressmaker details, such as ribbon, rickrack, and button trims. For sewing instructions, see *page 40.*

continued on page 36

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or hair so healthy it shines.®



pillow play *continued from page 34*



Daydream believer. Open the linen closet and pull out bed and bath fabrics, everything you'll need to turn your bed into a crisp, cool oasis—one that beckons by summer day or night. The small boudoir pillow, *left*, made from a single hand towel, has a pistachio-colored pillow inside and a button-and-ribbon closure. The standard pillow case *(above)* has an easy stamped design. Two stitched-together dish towels have a fold-over flap with daisy buttons just for fun. For sewing instructions, see *page 40*.

continued on page 38

Introducing Two New Filet & Paté Varieties.



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Good taste is easy to recognize.™







pillow play

continued from page 36

Gingham and calico. Imagine pillows that look and feel as cool as summer sundresses. With dressmaker fabrics, such as calico, gingham, and linen, getting started is a cinch. A few simple sewing tricks make these pillows seem special. The large "gift package" pillow on the bottom has a box-pleated corner and stitched-on grosgrain ties. For the striped pillow, a corner cap cut on the diagonal creates an interesting mitered effect. Slipping a ready-made eyelet ruffle into the top pillow's flange makes for a feminine finishing touch. For sewing instructions, see *page 40.*

continued on page 40


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APHIL. THE SMARTEST THING YOU CAN DO FOR YOUR SKIN.
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pillow play

continued from page 38



▲ TEA TOWEL PILLOWS
(*page 30 and 32*)
Stitch two tea towels together, right sides facing, on three sides only. Machine- or hand-stitch two 12-inch lengths of ribbon equal distance apart (depending on the width of the opening) to the underside of one open edge. Repeat on the opposite side.

▼ BEACHWEAR PILLOWS
(*page 34*)
For the pillow shown *below:*
Purchase a square ready-made pillow (ours is covered in white cotton piqué) and stitch a simple "sundress" cover. To make the cover, cut a fabric panel that is twice as long as the pillow side, plus 1 inch for seam allowance, and two-thirds as wide, plus 1 inch for hems. Sew a ½-inch hem on both long sides. With right sides facing, sew short ends together. Turn right side out. Slip the cover over the pillow and tack on ribbon or rickrack "straps," as shown.
Other beachwear pillows:
For each of the pillows, cut two fabric panels 1½ inches larger on all sides than your pillow form. With right sides together, sew ½-inch seams, leaving a 4-inch opening on one side. Turn fabric right side out. Insert pillow. Stitch opening closed. Create a flange by stitching 1 inch in from the edge all around. Hand-sew buttons on corners or machine-stitch rickrack to outside edge.



► BOUDOIR PILLOW
(*page 36*)
Take a hand towel and fold the two short edges to the middle so they overlap about 1 inch. Machine-stitch on the two sides through all layers. Stitch around the four sides 2 inches from the edge to form a 2-inch flap or flange. Hand-sew two buttons on either side of the center opening. Insert a pillow covered in a contrasting color or pattern. Leave the flap opening loose to give a glimpse of the contrasting fabric. Close by looping ribbon around the buttons.



▲ STAMPED PILLOW
(*page 36*)
Cut a white potato in half. Draw a design with a pencil directly onto the flat, cut surface. With a knife, cut around the design, trimming off excess. Brush latex wall paint onto the design area of potato. Press onto fabric. Repeat, brushing paint onto the potato before stamping each design. Tip: Mark spacing on the pillowcase with a pencil. Let paint dry for at least 30 minutes. Once it dries, it is permanent and will not wash out.



CALICO AND GINGHAM PILLOWS (*page 38*)
"Gift package" pillow: Cut two pieces of linen fabric, each 22 inches square. Lay one piece right side up and sew a length of grosgrain ribbon on it from top to bottom. Cut two 23-inch lengths of ribbon and sew each across half the width of the pillow, stopping about ½ inch from the center and leaving 12-inch tails. Tie the tails into a bow at the center of the pillow. Make a box-pleated border for the pillow by cutting a strip of fabric double the desired border width (plus 1-inch seam allowance) and long enough to go around the pillow, adding at least 6 extra inches for corner pleats. Fold fabric in half lengthwise. Press. To assemble, lay the front panel right side up. Pin the border around it with right sides and raw edges together, making a box pleat at each corner. Baste. Lay back panel over front, right sides together. Machine-stitch all around, leaving a 6-inch opening. Turn right side out. Insert pillow form and hand-stitch opening closed.

Tasseled pillow: Cut two pieces of striped linen fabric to a desired size and shape, rectangle or square. To make appliquéd corners, cut four triangles with the stripe on the diagonal. Turn under each triangle's raw long edge and press. With right sides up, machine-stitch triangles onto the panel corners. Stitch a tassel underneath each corner. With right sides together, machine-stitch the panels, leaving an opening large enough to insert the pillow. Turn cover right side out and insert pillow. Hand-stitch the pillow opening closed.
Petticoat pillow: Cut two fabric pieces to desired size, adding 2½ inches to ruffled side. With right sides facing, machine-stitch on three sides, leaving ruffled end open. Turn under ½ inch, then 2 inches on open end; stitch. Stitch 4-inch ready-made eyelet ruffle under one open side, allowing 2 inches of lace to peek out. Stitch around three sides again, 2 inches in from the edge and stopping 2 inches from ruffled edge. Sew ribbon ties on ruffled end. Insert pillow form and tie to close.



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BRIEF SUMMARY

SHAKE GENTLY BEFORE USE.

For Intranasal Use Only.

The following is a brief summary only; see full prescribing information for complete product information.

CONTRAINDICATIONS: FLONASE Nasal Spray is contraindicated in patients with a hypersensitivity to any of its ingredients.

WARNINGS: The replacement of a systemic glucocorticoid with a topical glucocorticoid can be accompanied by signs of adrenal insufficiency, and in addition some patients may experience symptoms of withdrawal, e.g., joint and/or muscular pain, lassitude, and depression. Patients previously treated for prolonged periods with systemic glucocorticoids and transferred to topical glucocorticoids should be carefully monitored for acute adrenal insufficiency in response to stress. In those patients who have asthma or other clinical conditions requiring long-term systemic glucocorticoid treatment, too rapid a decrease in systemic glucocorticoids may cause a severe exacerbation of their symptoms.

The use of FLONASE Nasal Spray with alternate-day systemic prednisone could increase the likelihood of hypothalamic-pituitary-adrenal (HPA) suppression compared with a therapeutic dose of either one alone. Therefore, FLONASE Nasal Spray should be used with caution in patients already receiving alternate-day prednisone treatment for any disease. In addition, the concomitant use of FLONASE Nasal Spray with other inhaled glucocorticoids could increase the risk of signs or symptoms of hypercorticism and/or suppression of the HPA axis.

Patients who are on immunosuppressant drugs are more susceptible to infections than healthy individuals. Chickenpox and measles, for example, can have a more serious or even fatal course in patients on immunosuppressant doses of corticosteroids. In such patients who have not had these diseases, particular care should be taken to avoid exposure. How the dose, route, and duration of corticosteroid administration affects the risk of developing a disseminated infection is not known. The contribution of the underlying disease and/or prior corticosteroid treatment to the risk is also not known. If exposed to chickenpox, prophylaxis with varicella zoster immune globulin (VZIG) may be indicated. If exposed to measles, prophylaxis with pooled intramuscular immunoglobulin (IG) may be indicated. (See the respective package inserts for complete VZIG and IG prescribing information.) If chickenpox develops, treatment with antiviral agents may be considered.

PRECAUTIONS:

General: Rarely, immediate hypersensitivity reactions or contact dermatitis may occur after the intranasal administration of fluticasone propionate. Rare instances of wheezing, nasal septum perforation, cataracts, glaucoma, and increased intraocular pressure have been reported following the intranasal application of glucocorticoids.

Use of excessive doses of glucocorticoids may lead to signs or symptoms of hypercorticism, suppression of HPA function, and/or suppression of growth in children or teenagers. Knemometry studies in asthmatic children on orally inhaled glucocorticoids showed inhibitory effects on short-term growth rate. The relationship between short-term changes in lower leg growth and long-term effects on growth is unclear at this time. Physicians should closely follow the growth of adolescents taking glucocorticoids, by any route, and weigh the benefits of glucocorticoid therapy against the possibility of growth suppression if an adolescent's growth appears slowed.

Although systemic effects have been minimal with recommended doses of FLONASE Nasal Spray, potential risk increases with larger doses. Therefore, larger than recommended doses of FLONASE Nasal Spray should be avoided.

When used at larger doses, systemic glucocorticoid effects such as hypercorticism and adrenal suppression may appear. If such changes occur, the dosage of FLONASE Nasal Spray should be discontinued slowly consistent with accepted procedures for discontinuing oral glucocorticoid therapy.

In clinical studies with fluticasone propionate administered intranasally, the development of localized infections of the nose and pharynx with *Candida albicans* has occurred only rarely. When such an infection develops, it may require treatment with appropriate local therapy and discontinuation of treatment with FLONASE Nasal Spray. Patients using FLONASE Nasal Spray over several months or longer should be examined periodically for evidence of *Candida* infection or other signs of adverse effects on the nasal mucosa.

FLONASE Nasal Spray should be used with caution, if at all, in patients with active or quiescent tuberculous infections; untreated fungal, bacterial, or systemic viral infections; or ocular herpes simplex.

Because of the inhibitory effect of glucocorticoids on wound healing, patients who have experienced recent nasal septal ulcers, nasal surgery, or nasal trauma should not use a nasal glucocorticoid until healing has occurred.

Information for Patients: Patients being treated with FLONASE Nasal Spray should receive the following information and instructions. This information is intended to aid them in the safe and effective use of this medication. It is not a disclosure of all possible adverse or intended effects.

Patients should be warned to avoid exposure to chickenpox or measles and, if exposed, to consult their physician without delay.

Patients should use FLONASE Nasal Spray at regular intervals as directed since its effectiveness depends on its regular use. A decrease in nasal symptoms may occur as soon as 12 hours after starting therapy with FLONASE Nasal Spray. Results in several clinical trials indicate statistically significant improvement within the first day or two of treatment; however, the full benefit of FLONASE Nasal Spray may not be achieved until treatment has been administered for several days. The patient should not increase the prescribed dosage but should contact the physician if symptoms do not improve or if the condition worsens. For the proper use of the nasal spray and to attain maximum improvement, the patient should read and follow carefully the patient's instructions accompanying the product.

Carcinogenesis, Mutagenesis, Impairment of Fertility: Fluticasone propionate demonstrated no tumorigenic potential in studies of oral doses up to 1.0 mg/kg (3 mg/m² as calculated on a surface area basis) for 78 weeks in the mouse or inhalation of up to 57 mcg/kg (336 mcg/m²) for 104 weeks in the rat.

Fluticasone propionate did not induce gene mutation in prokaryotic or eukaryotic cells in vitro. No significant clastogenic effect was seen in cultured human peripheral lymphocytes in vitro or in the mouse micronucleus test when administered at high doses by the oral or subcutaneous routes. Furthermore, the compound did not delay erythroblast division in bone marrow.

FLONASE® (fluticasone propionate) Nasal Spray, 0.05%

No evidence of impairment of fertility was observed in reproductive studies conducted in rats dosed subcutaneously with doses up to 50 mcg/kg (295 mcg/m²) in males and females. However, prostate weight was significantly reduced in rats.

Pregnancy: ***Teratogenic Effects: Pregnancy Category C:*** Subcutaneous studies in the mouse and rat at 45 and 100 mcg/kg, respectively (135 and 590 mcg/m², respectively, as calculated on a surface area basis), revealed fetal toxicity characteristic of potent glucocorticoid compounds, including embryonic growth retardation, omphalocele, cleft palate, and retarded cranial ossification.

In the rabbit, fetal weight reduction and cleft palate were observed following subcutaneous doses of 4 mcg/kg (48 mcg/m²).

However, following oral administration of up to 300 mcg/kg (3.6 mg/m²) of fluticasone propionate to the rabbit, there were no maternal effects nor increased incidence of external, visceral, or skeletal fetal defects. No fluticasone propionate was detected in the plasma in this study, consistent with the established low bioavailability following oral administration (see CLINICAL PHARMACOLOGY section of full prescribing information).

Less than 0.008% of the dose crosses the placenta following oral administration to rats (100 mcg/kg, 590 mcg/m²) or rabbits (300 mcg/kg, 3.6 mg/m²).

There are no adequate and well-controlled studies in pregnant women. Fluticasone propionate should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. Experience with oral glucocorticoids since their introduction in pharmacologic, as opposed to physiologic, doses suggests that rodents are more prone to teratogenic effects from glucocorticoids than humans. In addition, because there is a natural increase in glucocorticoid production during pregnancy, most women will require a lower exogenous glucocorticoid dose and many will not need glucocorticoid treatment during pregnancy.

Nursing Mothers: It is not known whether fluticasone propionate is excreted in human breast milk. Subcutaneous administration of tritiated drug to lactating rats (10 mcg/kg, 59 mcg/m²) resulted in measurable radioactivity in both plasma and milk. Because other glucocorticoids are excreted in human milk, caution should be exercised when FLONASE Nasal Spray is administered to a nursing woman.

Pediatric Use: The safety and effectiveness of FLONASE Nasal Spray in children below 12 years of age have not been established. Oral glucocorticoids have been shown to cause growth suppression in children and teenagers with extended use. If a child or teenager on any glucocorticoid appears to have growth suppression, the possibility that they are particularly sensitive to this effect of glucocorticoids should be considered (see PRECAUTIONS).

Geriatric Use: A limited number of patients above 60 years of age (n=132) have been treated with FLONASE Nasal Spray in US and non-US clinical trials. While the number of patients is too small to permit separate analysis of efficacy and safety, the adverse reactions reported in this population were similar to those reported by younger patients.

ADVERSE REACTIONS: In controlled US studies, 2,427 patients received treatment with intranasal fluticasone propionate. In general, adverse reactions in clinical studies have been primarily associated with irritation of the nasal mucous membranes, and the adverse reactions were reported with approximately the same frequency by patients treated with the vehicle itself. The complaints did not usually interfere with treatment. Less than 2% of patients in clinical trials discontinued because of adverse events; this rate was similar for vehicle and active comparators.

Systemic glucocorticoid side effects were not reported during controlled clinical studies up to 6 months' duration with FLONASE Nasal Spray. If recommended doses are exceeded, however, or if individuals are particularly sensitive or if in conjunction with systemically administered glucocorticoids, symptoms of hypercorticism, e.g., Cushing's syndrome, could occur.

The following incidence of common adverse reactions is based upon seven controlled clinical trials in which 536 patients (57 girls and 108 boys aged 4 to 11 years, 137 female and 234 male adolescents and adults) were treated with FLONASE Nasal Spray 200 mcg once daily over 2 to 4 weeks and two controlled clinical trials in which 246 patients (119 female and 127 male adolescents and adults) were treated with FLONASE Nasal Spray 200 mcg once daily over 6 months.

Incidence Greater than 1% (Causal Relationship Possible):
Respiratory: Epistaxis, nasal burning (incidence 3% to 6%); blood in nasal mucus, pharyngitis, nasal irritation (incidence 1% to 3%).
Neurological: Headache (incidence 1% to 3%).

Incidence Less than 1% (Causal Relationship Possible): ***Respiratory:*** Sneezing, runny nose, nasal dryness, sinusitis, nasal congestion, bronchitis, nasal ulcer, nasal septum excoriation.
Neurological: Dizziness.
Special Senses: Eye disorder, unpleasant taste.
Digestive: Nausea and vomiting, xerostomia.
Skin and Appendages: Urticaria.

Postmarketing Experience: In addition to the events from clinical trials, the following have been reported during postmarketing experience.

Hypersensitivity reactions, including angioedema, skin rash, edema of the face and tongue, pruritus, urticaria, bronchospasm, wheezing, dyspnea, and anaphylaxis/anaphylactoid reactions, which in rare instances were severe.

Alteration or loss of sense of taste and/or smell and, rarely, nasal septal perforation.

OVERDOSAGE: There are no data available on the effects of acute or chronic overdosage with FLONASE Nasal Spray. Intranasal administration of 2 mg (10 times the recommended dose) of fluticasone propionate twice daily for 7 days to healthy human volunteers was well tolerated. Single oral doses up to 16 mg have been studied in human volunteers with no acute toxic effects reported. Repeat oral doses up to 80 mg daily for 10 days in volunteers and repeat oral doses up to 10 mg daily for 14 days in patients were well tolerated. Adverse reactions were of mild or moderate severity, and incidences were similar in active and placebo treatment groups. Acute overdosage with this dosage form is unlikely since one bottle of FLONASE Nasal Spray contains approximately 8 mg of fluticasone propionate. Chronic overdosage may result in signs/symptoms of hypercorticism (see PRECAUTIONS).

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Buying guide
SHOPPING

Most of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, write the manufacturers listed below.

STYLE IN THE MAKING: SPECIAL OCCASION TABLES

Page 23: white dinnerware (discontinued)—similar styles available from Crate & Barrel; 888/249-4155.

Page 24: frosted dinnerware, "Ripples"—Dalzell-Viking; 800/237-0005. **Flatware,** "Pacific Tide"—Oneida Silversmiths, Oneida Ltd., Oneida, NY 13421; 800/877-6667.

Page 26: candlesticks, "Hartland" (154, small); "Hartland" (155, medium); "Tall" (150); "Windsor" (147, small); "Windsor" (148, medium); "Windsor" (149, large); "Woodstock" (156); **wine goblets,** "Hartland" (101); **pitcher,** "Windsor" (375)—Simon Pearce Glass; 800/774-5277.

Page 28: flatware, "Bamboo" by SCOF—available through Mariposa; for a dealer near you call 800/788-1304. **Chinese porcelain dinnerware,** "Imperial Blue"—Mottahedeh; for a retailer near you call 800/242-3050. **Pilsner,** "Conte Colors" (Sapphire Blue); **flute,** "Conte Colors" (Sapphire Blue)—Schott Corp., Consumer Glass Div., 3 Odell Plaza, Yonkers, NY 10701; for a retailer near you call 914/969-6100.

PILLOW PLAY

Page 32: cherry print tea towel—Liebco-Euro Linens West, Gibson Lines; 800/323-5020.

Page 36: minicheck sham and sheet, "Gingham" (Grasshopper)—Wamsutta; 888/926-7888.

GARDENER'S ALMANAC

Pages 98–100: Star Gazer lily—White Flower Farm, Rt. 63, Litchfield, CT 06759; 800/503-9624; free catalog. Van Bourgondien Bros., P.O. Box 1000, 245 Farmingdale Rd., Rt. 109, Babylon, NY 11702; 800/622-9997; free catalog. Van Dyck's Flower Farms, P.O. Box 430, Brightwaters, NY 11718; 800/248-2852; free catalog. John Scheepers, P.O. Box 700, Bantam, CT 06750; 203/567-0838; free catalog. **Coreopsis Moonbeam**—J.W. Jung Seed Co., 335 S. High St., Randolph, WI 53957; 414/326-3121; free catalog. Bluestone Perennials, 7211 Middle Ridge Rd., Madison, OH 44057; 800/852-5243; free catalog. **Ruby Regis lavatera**—Shepherd's Garden Seeds, 30 Irene St., Torrington, CT; 06790; 860/482-3638; free catalog. Thompson & Morgan, P.O. Box 1308, Farraday and Gramme Aves., Jackson, NJ 08527; 800/274-7333; free catalog. Park Seed Co., Cokesbury Rd., Greenwood, SC 29647; 800/845-3369; free catalog. **German statice**—Mellinger's Inc., 2310 W. South Range Rd., North Lima, OH 44452; 216/549-9861; free catalog. J.W. Jung Seed Co. (address above).

SETTING HER SIGHTS

Pages 113–118: wisteria—Wayside Gardens, P.O. Box 1, Hodges, SC 29695; 800/845-1124; free catalog. **Asian pears**—Miller Nurseries, 5060 W. Lake Rd., Canandaigua, NY 14424; 716/396-2647; free catalog. Stark Bro's Nurseries, P.O. Box 10, Louisiana, MO 63353; 314/754-5511; free catalog.

WEEKEND DECORATING

Pages 122–123: wicker love seat, wicker chairs, bamboo lounge chairs, and round chair side table—vintage. **All other items**—antique, discontinued, or a personal belonging.

Pages 124–125: Irish linen press—antique. **Curtain**

continued on page 96

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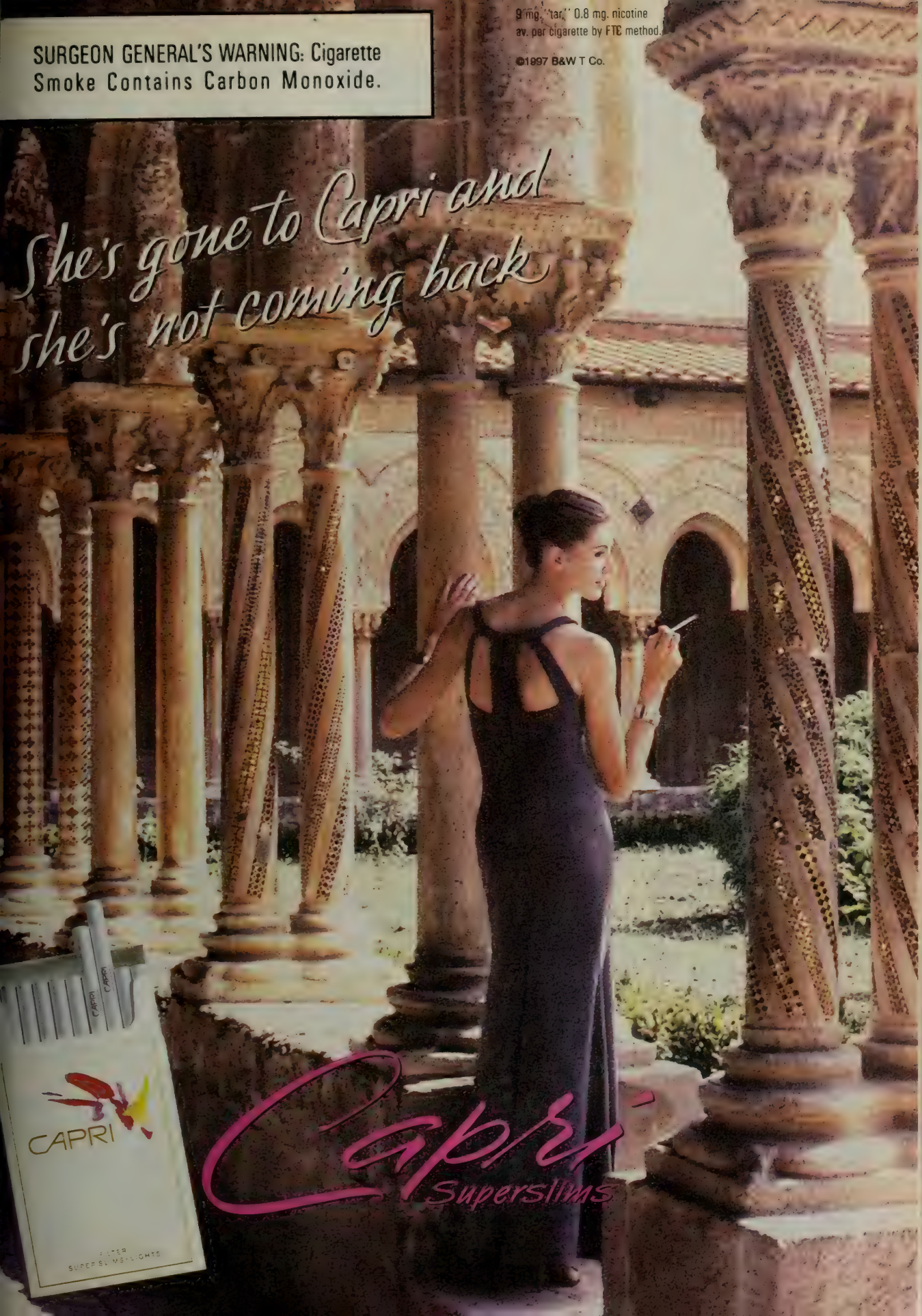
Touch of Texture

by Catherine Kramer



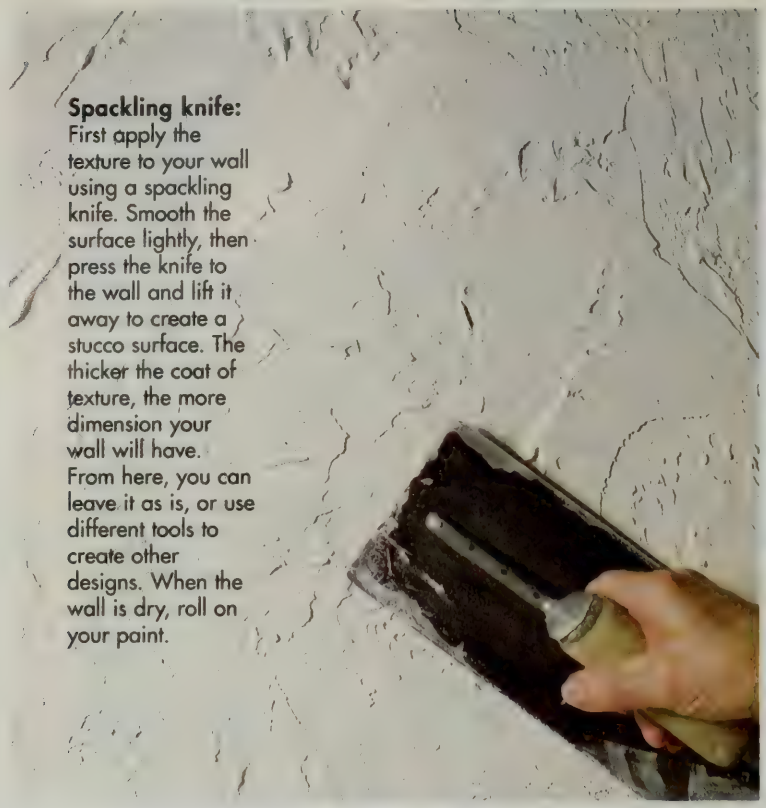
You pick the perfect color. You paint it on flawlessly. And still, your walls can leave you feeling flat. But drywall doesn't have to be dull and one-dimensional. Banish boredom from plain walls by adding depth with easy-to-apply wall texture. Treated with do-it-yourself texture that comes in a can, brand-new walls can acquire instant character, an aura of age, or other dramatic effects. Texture also can be applied sparingly to touch up nail holes and other minor blemishes. Either way, the technique is easy enough to do yourself. Here's how.

continued on page 46


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FILTER
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Touch of Texture

continued from page 44



Spackling knife: First apply the texture to your wall using a spackling knife. Smooth the surface lightly, then press the knife to the wall and lift it away to create a stucco surface. The thicker the coat of texture, the more dimension your wall will have. From here, you can leave it as is, or use different tools to create other designs. When the wall is dry, roll on your paint.



Brush roller: After applying the compound with a spackling knife, and while it's still wet, use a deep-nap brush roller to create a dappled effect.





Knife: To capture the look and feel of old plaster, run a roller over the texture compound while it is still wet, then lightly go over it with the flat side of a broad knife.



Sandpaper: After rolling over the texture compound, allow it to dry, then lightly sand the high tips and rough spots for a smoother look.



Brush: Rather than using a roller to create the texture, try using a dry, stiff brush over the wet compound to create rhythmic designs of your choice—swirls, waves, or even stripes.



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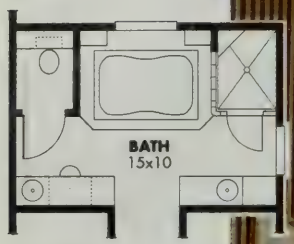
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Bath Transformations



Tub controls and a hand-held shower are located at the front of the tub for easy filling and cleaning, but the spout is under the window to make entrances and exits easier (*right*). The two-vanity arrangement is shown on the floor plan (*above*).

by Christina Farnsworth





The space for Fred's vanity (*above*) was slimmed down a bit to make room for a linen closet, but there's still plenty of counter for shaving gear, lotions, and other necessities.



The glass block shower (*above*) provides privacy without sacrificing light. A simple band of dark diamonds gives some pop to the tile treatment.

A Getaway Bath

As parents of three young sons, Claudia and Fred Phillips liked everything about their present home—except its lack of privacy.

Instead of moving, they added more than 15 feet to the width of their Charlotte, North Carolina, home and gained a private, first-floor master suite. The focal point of the redesign is a whirlpool tub with room for two, which Claudia and Fred use as a retreat for tête-à-têtes. "We use it all of the time," Claudia says. "It's about the only chance we have to talk."

An arched window was placed above the tub. It matches other windows and allows the addition to blend with the rest of the home. Built-in shelves on either side of the window display Claudia's treasures well out of reach of little hands.

To the tub's left is a toilet compartment with a locking door, also high on Claudia's wish list. To the right is a 4×5-foot glass block shower. The glass provides privacy, but still lets abundant light flow into the stall from surrounding windows.

continued on page 50



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Is this: A) False B) Untrue C) Crazy?

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 continued from page 48





The floor plan (*above*) shows how adding the curved countertop beneath the window helps transform the room. The room's boxy rectangular feel has been softened a bit.

Wide bands of tile surrounding the whirlpool bathtub (*center*) continue over the pedestal sink and help create the impression that this small room is larger than it actually is.



Cabinets take advantage of every nook and cranny (*above*). Standard cabinets surround the toilet, and a custom cabinet utilizes floor space formerly occupied by a radiator.

Small-Space Strategy

A bath may make up in style what it lacks in space. That was the philosophy Lisa Vange and her architect-husband, Jens, embraced as they reconfigured their St. Paul, Minnesota, master bedroom.

The expensive approach would have been to knock out walls, replace windows, and move plumbing fixtures in the 1925 home. But the couple kept expenses down by doing much of the work themselves, maintaining the existing small footprint of the space, and keeping the window and fixtures—toilet, pedestal sink, and bathtub—in their original locations.

First, they stripped the room down to the studs, filled wall cavities with insulation, and put up vapor barriers. Then the room was sculpted in drywall to create the feeling of space, although it is really squeezed into a 10×6-foot area. The drama of a high, peaked ceiling was enhanced by dropping a soffit around the perimeter of the existing ceiling.

The Vanges hired a plumber and an electrician to ensure good installations. New fixtures include a whirlpool bathtub, a water-saver toilet, and a new pedestal sink.

The couple effectively stole back space by replacing a bulky old-fashioned radiator with a narrow, imported radiator that hugs the wall under the window. This gained precious inches and the new heater is energy efficient.

Judicious use of professionals for difficult tasks and a tight, six-week schedule kept the cost to about $8,000.

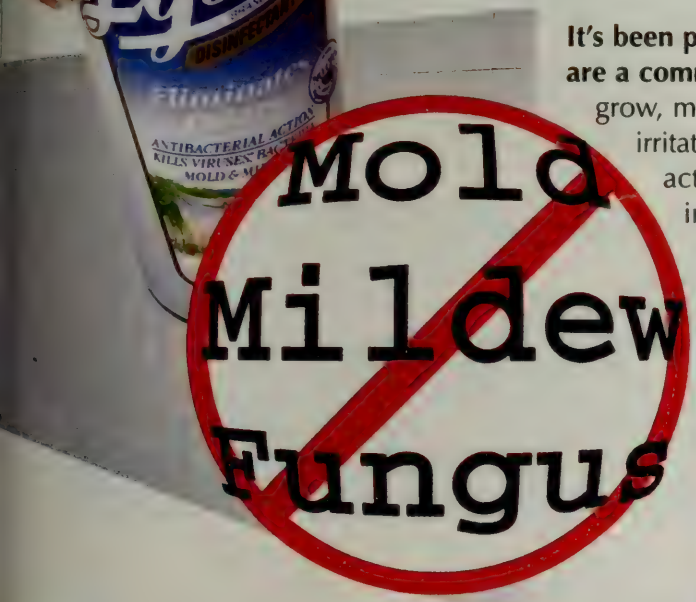
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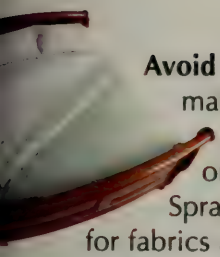


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Avoid those summer musties. Spray your mattresses, pillows and sheets to eliminate that musty odor brought on by damp, humid weather. LYSOL Spray with Crisp Linen™ Scent is perfect for fabrics and upholstered furniture. Rest sured, you'll be keeping your bed smelling fresh.

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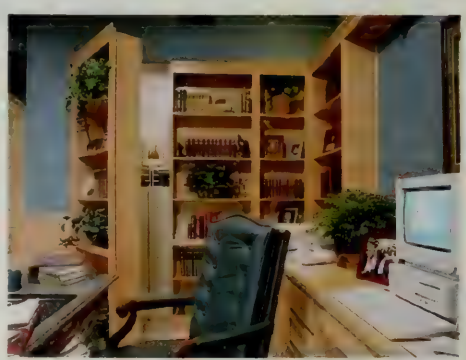
Call **1-800-99-LYSOL** for more tips on how to make your home a healthier place.

Case Closed on Office Clutter

by Steve Cooper

One home-office drawback is that the clutter of daily business often clashes with interior design. Folders stuffed with papers, floppy telephone indexes, and staplers are fashion faux pas.

Debbie and Andy Charles faced this dilemma as they developed plans for their new Rancho Santa Fe, California, home. Andy knew he would be running a busy company from their home office, but the family also wanted the space to be an inviting library/study that suited the rest of the house. A movable bookcase solved the problem.



One section of the maple bookcase acts as a door (*above*) to conceal a 5×9½-foot room where file cabinets, a copy machine, office supplies, and other less-than-homey items are stored. The space could have been used as an ordinary closet instead, but the Charles' design is a clever way to increase shelving for book storage.

The bookcase unit was carefully engineered so it glides open with little more resistance than a solid door. This effortlessness was accomplished by hanging the weighty cabinet on adjustable door hinges so the cabinet's bottom rail barely skims the top of the carpet's nap. By avoiding use of wheels or casters, opening and closing the unit won't leave behind an unsightly trail of worn carpet.

The room's design was unified by wrapping the bookcases around one corner and merging them with the credenza bank, which allows more storage and also creates a countertop desk area for the computer. A final element that ties everything together is the wainscot paneling that matches the credenza's doors.

Finishing the bookcase required extra care. Because both sides of the unit will be seen, surfaces on the back received as much attention as those out front.



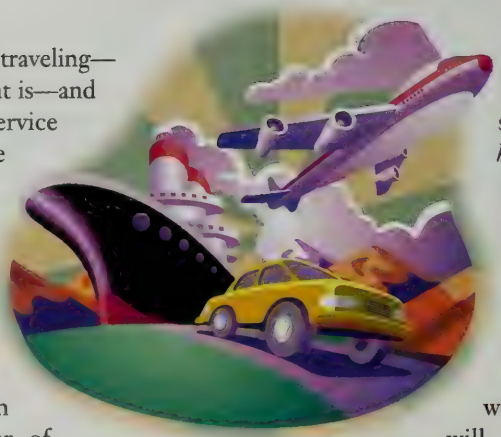
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Going Places



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In addition to our new travel feature, *BHGLive* continues to offer idea-packed articles and the commonsense advice you expect from *Better Homes and Gardens®* magazine, combined with the Internet's interactive capabilities.

The Guide to Gardening presents tips from our Test Gardens. Don't miss our exclusive searchable database where you can almost smell the blossoms on our Editor's Choice flowers. Also, check out the Home Improvement Encyclopedia for how-to help; drop by the Test Kitchen where you'll find favorite recipes and cooking tips for terrific meals; or learn more about parenting, education, health and fitness, and much more from *BH&G*'s experts. Stop by our site soon. *—by Kristin Olson*



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- **An Internet browser.** A browser enables you to locate and view thousands of sites on the Internet. The best-known browsers are Netscape Navigator and Microsoft Internet Explorer. Also known as Web browsers, they allow you to search the World Wide Web, the part of the Internet that includes images, video, and sound.

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Lawn Myths

America loves green lawns and the environment. Is there a conflict between the two?

Not with proper lawn care practices. Here are some commonly held myths and answers.

• Myth 1: Grass clippings are overburdening landfills. False. Yard trimmings as a percentage of solid waste have declined from 22.8 percent in 1960 to about 17 percent today. Feed your lawn by leaving grass clippings behind after mowing.

• Myth 2: Lawns are swimming in pesticides. False. About two-thirds of households use no lawn chemicals. Those that do should use no more than the amount indicated on labels.

• Myth 3: Lawns waste water. False, as long as you are watering no more than your grass variety needs. For information about your lawn, check with a nursery or county agricultural extension. Or, call the Turf Resource Center at 800/405-8873.



Hard Water Choices

Water is called "hard" if it contains tiny mineral grains and "soft" after calcium and magnesium are removed by a water-softening device.

Minerals are a natural part of the environment. Unfortunately, their presence in hard water makes it more difficult to keep things clean because of deposits on clothes, shower walls, and dishes. Once softened, water can rinse away soaps and detergents more effectively. But softening doesn't make water any safer to drink, and systems create 15 to 120 gallons of briny wastewater for every 1,000 gallons they make.

Softening routes your water supply through a salt reservoir, which removes minerals while adding some sodium to treated water. The amount of this sodium increase is insignificant for most people.

In place of the sodium chloride, many now prefer putting potassium-chloride crystals in their water softeners. Adding potassium to your diet may lower the risk of stroke and high blood pressure. You'll take in about 375 milligrams of potassium in four glasses of water, which is 11 percent of the daily recommended amount. Ask your doctor about your intake of sodium and potassium. Both additives can be purchased through water-softener dealers.

Living with hard water is another possibility. It usually tastes better and often contains healthy minerals that would be flushed away by a softener.



Paper or Plastic?

It may be the most-asked environmental question: paper or plastic? It's a controversy that never seems to go away, probably because we face it as often as we visit the grocery store.

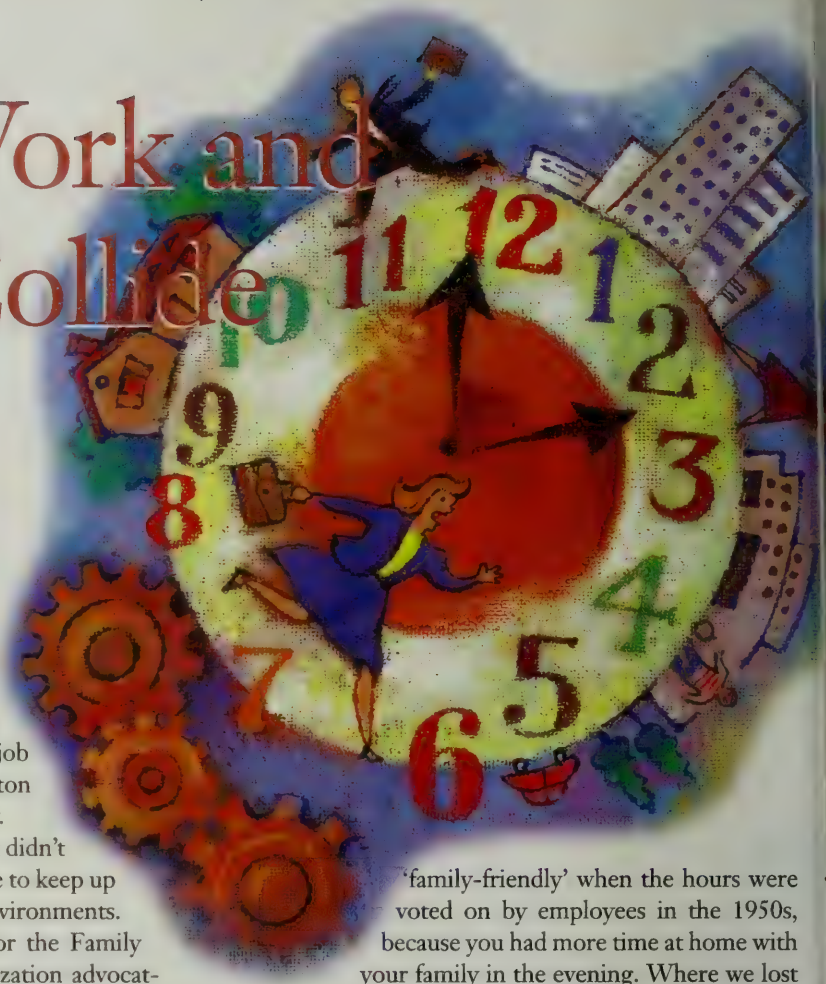
Although it would be nice to have a precise answer, the truth is that both types pose environmental problems. Plastic bags are made from polyethylene and other compounds with significant expenditures of energy for manufacturing and transportation. The paper bag is made from trees and chemicals, even if this time around recycled material was used in the process. Because plastic is thin, it won't take up as much space in a landfill. But paper is usually made in larger sizes, so fewer sacks are needed to haul groceries.

Ultimately, the question isn't paper or plastic. It's: Do you reuse bags?


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When Work and Family Collide

by Jane Schorer Meisner



Bill Mattox is one of the lucky ones. When frequent work-related insomnia, an hour-long commute, and family responsibilities caused him to approach his boss with a white flag, his employer was willing to make some changes to help him get his life back. Now he does his job from an office in his home near Washington D.C., an example for workplace flexibility.

But Mattox knows his new arrangement didn't come about as part of his employer's desire to keep up with the trend toward friendlier work environments. Rather, it happened because he works for the Family Research Council—a conservative organization advocating family interests in the formation of public policy.

Employees of other companies have not been so lucky, Mattox acknowledges. In fact, despite a decade of discussion about options in workplaces—and the well-meaning efforts of many employers to achieve just that—all is not yet well on America's "family-friendly" front.

Across the country from Mattox is San Francisco's New Ways to Work, a consulting firm. Codirector Suzanne Smith questions whether today's workforce—since the creation of policies such as job-sharing, unpaid leave, flextime and compressed work weeks—is, in fact, better off than it was a decade or two ago.

In many cases, flexible work options have resulted in little more than a trade-off in workplace problems. In other instances, good intentions have all but backfired.

Finding solutions is no easy matter, acknowledges Candi Lange, manager of Work/Life Strategy at Eli Lilly and Company. The Indianapolis pharmaceutical manufacturer has long been regarded as a leader in establishing family-friendly workplaces.

"In the past, though, we defined what was a good place to work by what was considered the traditional family and the traditional workday," Lange says. "Our standard working hours, which allow employees to be able to come in at 7:30 a.m. and leave at 4:15 p.m., were considered 'family-friendly' when the hours were voted on by employees in the 1950s, because you had more time at home with your family in the evening. Where we lost sight over time was that the workforce changed."

To their surprise, management discovered the well-meaning program was in fact causing a hardship for people with school-aged children. Actually, it would be easier for those workers to put their children on the school bus and then start their workday a little bit later.

Eli Lilly also caught itself assuming it knew what programs or benefits were in their staff's best interests, Lange adds. A survey asking what employees really needed and wanted opened their eyes.

Now the company offers sports physicals, summer science camps, and school-vacation programs for kids; fitness centers; on-site dry cleaning and shoe repair shops; a convenience store and a "ready-to-serve" take-home food store; adoption assistance; single-parent and elder-care resource groups; and educational leaves.

Managers of Eli Lilly's flexible work arrangements have learned to monitor performance by production output, rather than time in the office.

"We trust employees with so much, why not trust them to come and go at a time that works best for them?" says Lange.

So is corporate America becoming one big family? Not quite. While progress has been made, with companies like

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Also In Family Size.



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When Work and Family Collide

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Eli Lilly leading the way, Mattox cautions that good results usually come when the changes combine the smartest business methods with what makes the most sense for families.

"The strategies that have not been successful are those in which the corporation has sought to take on responsibilities that traditionally have been seen as family responsibilities," Mattox says.

The prime example is the provision of relatively costly corporate on-site day care. Actually, many employees would rather be provided other benefits, he says.

Eyebrows raise when Mattox dares to suggest there are negatives to a "family friendly" workplace attitude. But he has seen frequent internal division among employees because of such policies. Workers who don't have families, for example, don't benefit from such company perks as day-care centers or family medical leave. For them, perhaps an on-site fitness center, higher wages, or sabbatical opportunity would be more appreciated.

"Unless there is attention given to that type of equity, you often breed resentment," Mattox says. "I think early on, many of those who advocated family-friendly practices only concerned themselves with certain types of workers and didn't consider the needs of everyone."

Even the much-heralded Family Medical Leave has the potential to cause problems, he cautions. Often one employee's absence puts an extra load on others.

"I don't want to see workers end up suffering when they return because there are internal resentments, nor do I want to see the coworkers who are being dumped on suffer. Children benefit from time with their parents when they are babies—and when they are older. Policies that make it easier for new parents to take family leave shouldn't make it harder for older parents to get off work in time to coach their child's soccer team," Mattox says.

Smith, of New Ways to Work, also sees new dilemmas arising from current corporate trends.

"With all the downsizing, the people who are left are working longer hours. Now we're finding that stress has become one of the big problems for managers," Smith says. "When it comes down to the bottom line, I think many people feel they're losing the game. Practically everybody working feels like they're working faster and that they don't have as much support on the home front."

The very definition of a workday is changing. The time aspect is becoming a societal problem that needs to be addressed, she believes. Somehow, we thought we could have it all. But that isn't necessarily true when we keep expanding our definition of 'it all.' "We need to start talking about what individuals, community, and society need time for," Smith says.

When Mattox switched from commuting to a business office to working in his home, he salvaged the equivalent of almost two full workdays.

"I now have 15 hours at my disposal that I didn't used to have. I used to drive an hour each way, and took an hour at lunch. Some of those hours are devoted to family. But some of those 15 hours are also being put into productive work at my home office, because I have greater control of my schedule."

Now if he can't sleep, Mattox goes downstairs to work. Free from distractions, he finds that he's more productive in the middle of the night. He delights in sending e-mails when on-line traffic is down. But he knows his arrangement wouldn't suit every worker—or every employer.



"One-size-fits-all workplace options are rarely successful."

"It is quite possible for me, in my line of work, to operate here in my basement," Mattox says. "But if I were working at Ford or General Motors, I couldn't assemble cars in my basement."

That's why one-size-fits-all workplace options are rarely successful, he says. Instead, companies must design programs that are flexible enough to meet the needs of the employer and the worker.

But good family-friendly programs have been slow to evolve. Smith recently worked with a group still fighting for more bathroom breaks for pregnant women.

"So many of us thought we had gotten beyond that in most places, and things like this bring us up short," says Smith.

"Certainly awareness of employee needs is increasing, but I would say there's still a lot of room to grow in numbers of companies that are addressing these issues," says Lange of Eli Lilly and Company.

Mattox dreams of "radical change tomorrow," but he knows that won't—and probably shouldn't—happen.

"Realistically, it's better to move slowly in the right direction than try to shift things too dramatically overnight and end up creating a backlash," he says.

Despite the stumblings, family-friendly workplaces hold promise for the future.

"I am a long-term optimist," Mattox says. "I think the benefits of flexible workplace arrangements will win out, but only because they make good business sense and not because corporations want to be nice guys. Mine is an optimism born out of the belief that these strategies are good for the bottom line, and that will be what ultimately drives change."

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Raising a Reader

A child must enjoy books—the tales they tell and the ideas they ignite—to spend hours reading.

by Allison Berryhill

My sister was always reading. Holed up in her bedroom, she devoured classics while I, down the hall (and several rungs down the literary ladder), leafed through teen magazines and sobbed my way through lightweight best-sellers. I judged a book by the passion on its cover and by how hard it made me cry.

My taste in literature left me feeling like somewhat of a reading lowbrow at the time, although in retrospect I realize I did consume a vast amount of print. Eventually, I even wept over the classics. My sister is now a doctor, and I turned my love of a well-told story into degrees in English and education—a life of writing and teaching.

From *Sweet Valley High* to Shakespeare, it's the pleasure of books that motivates readers. Nothing lights the reading flame like a good story. "Have you ever heard of a child hiding with a flashlight beneath the covers to read a worksheet?" quips Jim Trelease, author of *The Read-Aloud Handbook*. A child must enjoy books—the tales they tell and the ideas they ignite—to spend hours reading. Those hours, according to experts, translate directly to school success, as reading for leisure is the best predictor of children's comprehension, vocabulary, and reading speed.

Reading expands vocabulary and saturates the mind

continued on page 64

Visitors To Ms. Gawel's Classroom Find Out Just How Wild It Really Is.



To help awaken them to the plight of the world's rainforests, Julie Gawel's students created one of their own.

Julie, an art teacher at Killough Middle School in Houston, Texas, designed the multi-disciplinary program for her students utilizing reading, writing, science, and art. After researching the rainforest environment, the students practiced drawing its inhabitants; learning about paint, color mixing, and texture in the process. Then they transformed their classroom with wall-size murals and papier-mâché trees filled with a menagerie of plants and wildlife.

Finally, the students invited parents and local business leaders to their rainforest, where the children made presentations and passed along the lessons they learned about conservation.

For teaching her students how to be wild about art – and the world's rainforests – Julie Gawel is our newest Good Neighbor Award winner. State Farm is pleased to contribute $5,000 in her name to Alief Independent School District.



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Raising a Reader

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with the way language is used. For example, an avid reader has seen a semicolon used countless times; he can learn its usage rules easily. Reading teaches kids to think. It exercises the brain by modeling how a thought is developed and explored. Reading broadens children's understanding of the world and fills them with knowledge that billows into all subject areas. Even math scores rise when children increase the time they spend reading.

According to Mary Leonhardt, author of *Parents Who Love Reading, Kids Who Don't*, there is an incredible difference between the avid reader and someone who just gets through reading assignments. Merely knowing how to sound out words is not the same as following complex ideas through sophisticated writing.



Even math scores rise when children increase time spent reading.

Success goes to the child who gobbles up books, not the one who merely nibbles at them.

Unfortunately, this nugget of educational gold is often undervalued. Headlines announce, "Every child must learn to read!" But it's not like getting your ears pierced: a one-time, slightly painful thing to endure. Leonhardt compares avid reading instead to basketball or cooking, where time on the court or in the kitchen builds expertise.

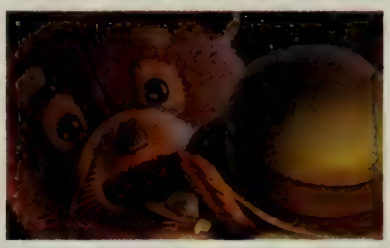
Studies show the most competent readers read 144 times as much as the least able. "If your child shoots 144 baskets a day, and my child shoots one, who will become the better basketball player?" asks Judi Paul, developer of *The Accelerated Reader*, a computer program used in schools to measure students' reading.

If you think your child is logging enough reading time in school, think again. Time allotted for actual reading practice in the classroom averages less than 13 minutes a day for fourth-grade students, and diminishes from there in upper grades, according to Paul. She recommends schools prioritize an hour of daily

reading practice, including time a child is read to, read with, or reading independently. Other experts cite one million words a year (roughly a 200-page book every two weeks) as a target for independent readers by the time they're in fifth grade.

With guidelines like that, it's obvious most kids need to be reading at home. But reluctant readers will not willingly hand over the Nintendo controls in exchange for a biography. You have to dangle a carrot or two.

- Read to your children daily. Meld reading into their earliest memories, and don't stop when they learn to read on their own.
- Buy bed lamps for everyone in the house. Tell the kids it's bedtime, but allow them to read for a few minutes. When they're still reading at midnight, pat yourself on the back. "You're winning," says Leonhardt.
- Befriend your librarian and ask for a list of current favorites. Encourage your children in their choices, and get to know their likes and dislikes. Selecting books takes practice, too.
- Nurture an "expert." Does your teen claim (or long) to be an authority on football? Outer space? Music? Buy the books, then encourage your expert to share the knowledge.
- Plant irresistible books in high-traffic areas: the map pocket of the car, the bathroom, the kitchen—displayed as if you were trying to sell them. (You are!)
- Subscribe to magazines devoted to your child's age level and interests. *Sports Illustrated for Kids*, *Crayola Kids*, *American Girl*, and *National Geographic World* are just a few of the many publications for children.
- Aim low. Try series books and comic books, whatever kids can plow through with ease. Children may prefer reading books they've previously heard read aloud.
- Practice what you preach—and preach what you practice. Let your child see you reading, and make book-talk part of daily conversation.
- Coddle the reader. My 9-year-old is inching toward independent reading after a struggling start. At this point in his progress, I'll delay dinner rather than interrupt his reading. When I see him with a book (brow knit, lips moving) I tiptoe past, aware that noise or sudden motion might break the fragile moment—every minute of reading counts.



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fitness matters

GOOD NEWS ABOUT SHAPING UP

by Gary Legwold

Kids Can Safely Lift Weights



Your 11-year-old, the one with the pencil neck and pipe-cleaner arms, comes home one day and announces he's going to play football. To prepare, he wants to start lifting weights. Should you let him?

Until the 1980s, resistance training wasn't recommended for prepubescent and adolescent kids. The thinking was that youngsters couldn't bulk up because their bodies don't produce the hormones needed to increase muscle mass and they would risk fracturing developing bones.

But research in the past 10 years has shown that children—regardless of age—can gain strength without suffering injuries, says Harvey Newton, of the National Strength and Conditioning Association.

While it's true muscles don't grow without testosterone, resistance training causes changes in the nerves controlling the muscles, which leads to increased strength. Resistance also strengthens ligaments, tendons, and bones, which helps prevent injuries.

The best place to train is a supervised school site. Weight gyms may be OK, says Newton, but some children are encouraged to lift too much too soon.

Training at home is convenient but not always safe. Adult supervision is a must. Parents can buy a 110-pound weight set (barbell, two dumbbells, and weights) at most sports stores. Expect to pay around $200 for a set that includes a workout bench and squat rack.

Workouts vary by sport and goals. Start with 5 to 10 minutes of warm-up (light jogging followed by stretching), and then select a weight that can be lifted easily. Do two or three sets of eight to 15 repetitions, training two to three nonconsecutive days a week.

PAIN RELIEVERS MAY MASK INJURIES

If over-the-counter pain relievers are a regular part of your exercise routine, you may be overdoing it.

Some people take pain relievers daily to treat muscle aches and pains associated with exercise. "You may get some temporary pain relief, but the medications are actually covering up something that's wrong in the body," says John Cianca, M.D., of Baylor College of Medicine in Houston.

How can you tell the difference between a sore muscle and an injury? If something hurts for three or more consecutive days, go see your doctor

No Age Limit on Exercise Benefits

Three recent studies show why exercise—even when begun late in life—offers a payoff for older adults. Here's what researchers have learned:

- **Sleep complaints.** A Stanford University School of Medicine study found that sedentary older adults who walked or did aerobics four times a week improved their sleep after a 16-week program. Exercisers slept about an hour longer each night and cut sleep onset time in half.
- **Knee arthritis.** Eight months of walking and strength training helps, not hurts, older people with disabling knee arthritis, say researchers at Wake Forest University. Exercisers reported less disability and pain. They outwalked nonexercising control groups and took less time to climb and descend stairs.
- **Body fat.** A study at Washington University says that during exercise, inactive seniors can get their bodies to burn fat at a rate similar to younger people if they train. Elderly people burn fat 25 to 30 percent slower than younger people. When fat is slow to burn, carbohydrate stores are depleted faster, causing early fatigue. As a result, older people can't exercise as long as younger people.

continued on page 70



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In fact, in tests conducted by allergists, drowsiness in people who took Allegra was similar to placebo (sugar pill), 1.3% vs 0.9%. The most commonly reported adverse experiences for Allegra and placebo are cold or flu (2.5% vs 1.5%), nau (1.6% vs 1.5%), and menstrual pain (1.5% vs 0.3%).

And Allegra is safe to take as prescribed—one capsule, twice a day for people 12 and over. Most important of a its effectiveness doesn't wear off as the day wears on.

So discover what it takes to get out there this year. Talk your doctor. Because *we* don't need to tell you much els about Allegra.* The relief you'll feel says it, ahhh, all.

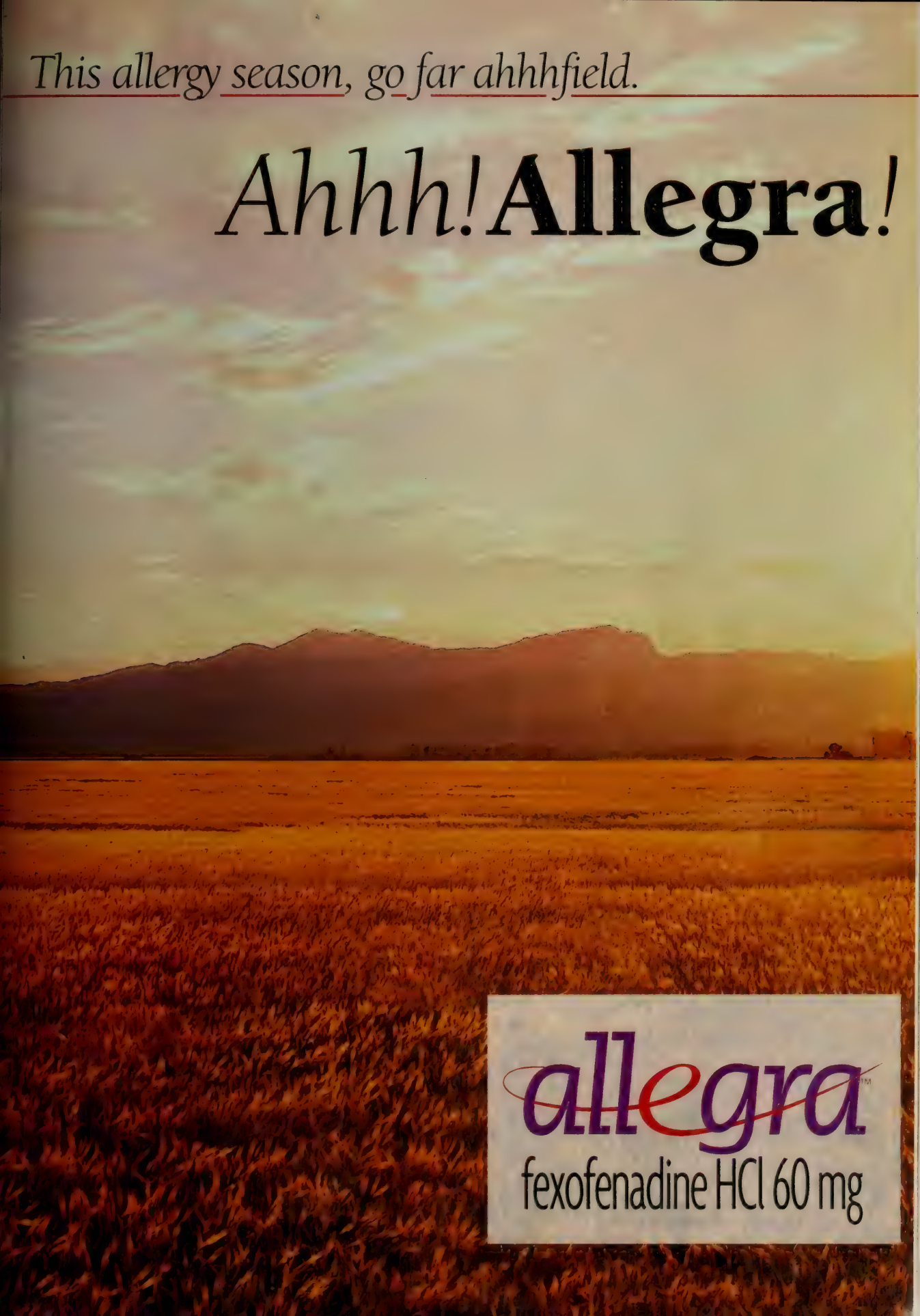
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This allergy season, go far ahhhfield.

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Brief Summary of
Prescribing Information as of July 1996

ALLEGRA™
(fexofenadine hydrochloride) Capsules
60 mg

INDICATIONS AND USAGE
ALLEGRA™ is indicated for the relief of symptoms associated with seasonal allergic rhinitis in adults and children 12 years of age and older. Symptoms treated effectively include sneezing, rhinorrhea, itchy nose/palate/throat, itchy/watery/red eyes.

CONTRAINDICATIONS
ALLEGRA™ is contraindicated in patients with known hypersensitivity to any of its ingredients.

PRECAUTIONS
Drug Interactions
In two separate studies, fexofenadine hydrochloride 120 mg twice daily (twice the recommended dose) was co-administered with erythromycin 500 mg every 8 hours or ketoconazole 400 mg once daily under steady-state conditions to normal, healthy volunteers (n=24, each study). No differences in adverse events or QTc interval were observed when subjects were administered fexofenadine hydrochloride alone or in combination with erythromycin or ketoconazole. The findings of these studies are summarized in the following table:

Effects on Steady-State Fexofenadine Pharmacokinetics After 7 Days of Co-Administration with Fexofenadine Hydrochloride 120 mg Every 12 Hours (twice recommended dose) in Normal Volunteers (n=24)

Concomitant Drug	$C_{max,SS}$ *(Peak plasma concentration)*	$AUC_{ss}(0\text{-}12h)$ *(Extent of systemic exposure)*
Erythromycin (500 mg every 8 hrs)	+82%	+109%
Ketoconazole (400 mg once daily)	+135%	+164%

The mechanisms of these interactions are unknown, and the potential for interaction with other azole antifungal or macrolide agents has not been studied. These changes in plasma levels were within the range of plasma levels achieved in adequate and well-controlled clinical trials. Fexofenadine had no effect on the pharmacokinetics of erythromycin or ketoconazole.

Carcinogenesis, Mutagenesis, Impairment of Fertility
The carcinogenic potential and reproductive toxicity of fexofenadine hydrochloride were assessed using terfenadine studies with adequate fexofenadine exposure (based on plasma area-under-the-curve [AUC] values). No evidence of carcinogenicity was observed when mice and rats were given daily oral doses of 50 and 150 mg/kg of terfenadine for 18 and 24 months, respectively; these doses resulted in plasma AUC values of fexofenadine that were up to four times the human therapeutic value (based on a 60-mg twice-daily fexofenadine hydrochloride dose).
In in-vitro (Bacterial Reverse Mutation, CHO/HGPRT Forward Mutation and Rat Lymphocyte Chromosomal Aberration assays) and in-vivo (Mouse Bone Marrow Micronucleus assay) tests, fexofenadine hydrochloride revealed no evidence of mutagenicity.
In rat fertility studies, dose-related reductions in implants and increases in postimplantation losses were observed at oral doses equal to or greater than 150 mg/kg of terfenadine; these doses produced plasma AUC values of fexofenadine that were equal to or greater than three times the human therapeutic value (based on a 60-mg twice-daily fexofenadine hydrochloride dose).

Pregnancy
Teratogenic Effects: Category C. There was no evidence of teratogenicity in rats or rabbits at oral terfenadine doses up to 300 mg/kg; these doses produced fexofenadine plasma AUC values that were up to 4 and 37 times the human therapeutic value (based on a 60-mg twice-daily fexofenadine hydrochloride dose), respectively.
There are no adequate and well-controlled studies in pregnant women. Fexofenadine hydrochloride should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.
Nonteratogenic Effects. Dose-related decreases in pup weight gain and survival were observed in rats exposed to oral doses equal to and greater than 150 mg/kg of terfenadine; at these doses the plasma AUC values of fexofenadine were equal to or greater than 3 times the human therapeutic values (based on a 60-mg twice-daily fexofenadine hydrochloride dose).

Nursing Mothers
There are no adequate and well-controlled studies in women during lactation. Because many drugs are excreted in human milk, caution should be exercised when fexofenadine hydrochloride is administered to a nursing woman.

Pediatric Use
Safety and effectiveness of ALLEGRA™ in pediatric patients under the age of 12 years have not been established. Across well-controlled clinical trials in patients with seasonal allergic rhinitis, a total of 205 patients between the ages of 12 to 16 years received doses ranging from 20 mg to 240 mg twice daily for up to two weeks. Adverse events were similar in this group compared to patients above the age of 16 years.

Geriatric Use
In placebo-controlled trials, 42 patients, age 60 to 68 years, received doses of 20 mg to 240 mg of fexofenadine twice daily for up to two weeks. Adverse events were similar in this group to patients under age 60 years.

ADVERSE REACTIONS
In placebo-controlled clinical trials, which included 2461 patients receiving fexofenadine hydrochloride at doses of 20 mg to 240 mg twice daily, adverse events were similar in fexofenadine hydrochloride and placebo-treated patients. The incidence of adverse events, including drowsiness, was not dose related and was similar across subgroups defined by age, gender, and race. The percent of patients who withdrew prematurely because of adverse events was 2.2% with fexofenadine hydrochloride vs 3.3% with placebo. All adverse events that were reported by greater than 1% of patients who received the recommended daily dose of fexofenadine hydrochloride (60 mg twice-daily), and that were more common with fexofenadine than placebo, are listed in the following table:

Adverse Experiences Reported in Placebo-Controlled Seasonal Allergic Rhinitis Clinical Trials at Rates of Greater Than 1%

Adverse Expenence	*Fexofenadine 60 mg Twice Daily (n=679)*	*Placebo Twice Daily (n=671)*
Viral Infection (cold, flu)	2.5%	1.5%
Nausea	1.6%	1.5%
Dysmenorrhea	1.5%	0.3%
Drowsiness	1.3%	0.9%
Dyspepsia	1.3%	0.6%
Fatigue	1.3%	0.9%

Adverse events occurring in greater than 1% of fexofenadine hydrochloride-treated patients (60 mg twice daily), but that were more common in the placebo-treated group, include headache and throat irritation.
The frequency and magnitude of laboratory abnormalities were similar in fexofenadine hydrochloride and placebo-treated patients.

Prescribing Information as of July 1996

Hoechst Marion Roussel, Inc.
Kansas City, MO 64137 USA

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Fitness Matters

continued from page 66



Don't Get Zapped This Lightning Season

A late afternoon thunderstorm can sometimes do more than ruin a good round of golf.

Lightning kills up to 200 people a year in the U.S. and most strikes hit in July and August. Golfers on the back nine, swimmers, hikers caught above the timberline, and ball players are a few favorite targets.

Lightning's high voltage—which seldom causes burns—can stop your heart and breathing. The heart often starts again by itself, but breathing doesn't. CPR can be a real lifesaver.

Most people who get struck, however, survive, says Brian Zachariah, M.D., of the University of Texas Southwestern Medical School. Survivors can suffer hearing loss, fractures, cataracts, paralysis, memory loss, or even personality change.

To be safe, avoid outdoor exercise in the late afternoon if skies are stormy. Strikes are most common late in the day. Take cover at the first flash, no matter how far away the lightning seems.

If you're caught in a lightning storm, avoid being the tallest object in an open area. Seek shelter or lie down in a low area. If you're on a golf course, don't huddle with your partners or near your clubs under a tree. Lightning traveling down a tree has a "splash effect" that can zap through you and a foursome, says Dr. Zachariah.

Hikers and walkers should lie down in a low spot. Don't hide under an overhang; lightning may curl around the rock to strike. If you are swimming, get out of the water.

Five Ways To Motivate

OK, you admit your exercise record has been spotty. You started the new year with a bang, but now you're falling back into old habits, using the same old excuses. It just proves change doesn't come easy.

Exercise may become more of a habit if you follow the advice of the folks at the Society for Public Health Education in Washington, D.C.

1. Make a plan. Wanna-bes stay wanna-bes without a written plan that's simple and realistic. Going public also may help.

2. Start with small changes. If you've been inactive, find simple ways to get moving. Always take the stairs. Instead of a coffee break, take a short walk. Gradually increase your activity until you can exercise for 30 minutes a day.

3. Learn to love change. Exercise—like life—can get boring if there's no variety. Mix up your routine.

4. Pick a partner. This lets you share the joy of accomplishing goals, plus you can pick each other up when one of you starts dragging.

5. Reward your achievements—but don't wait until you win a marathon. Select a meaningful way to celebrate the big and small accomplishments, especially as you begin exercising.

PROTECT KIDS FROM HOME EXERCISE MACHINES

Some toddlers have been seriously injured after getting fingers caught in the wheel spokes and chain sprockets of stationary bikes, rowers, cross-country ski machines, and stair climbers. Injuries have included finger amputations, fractures, and the cutting of arteries, nerves, tendons, and muscles.

Leon S. Benson, M.D., an orthopedic surgeon at Northwestern University Medical School in Chicago, who has studied the injuries, says you don't need to get rid of the machines to make them safe—just be smarter when using them. He suggests parents not use the equipment with toddlers in the room. "In my house, we lock the stuff up," he says. "Adult supervision is not always an effective deterrent."

In one case he studied, an orthopedic surgeon riding a stationary bike shouted a warning when a toddler approached the bike. The doctor quickly got off, but the child put his hand in the spokes while the wheel was coasting to a stop, Dr. Benson says. Nerves and tendons in one finger were damaged.

"Maybe a 5-year-old will respond," he says, "but these 2- or 3-year-olds are doing their own thing. They have an irresistible curiosity."

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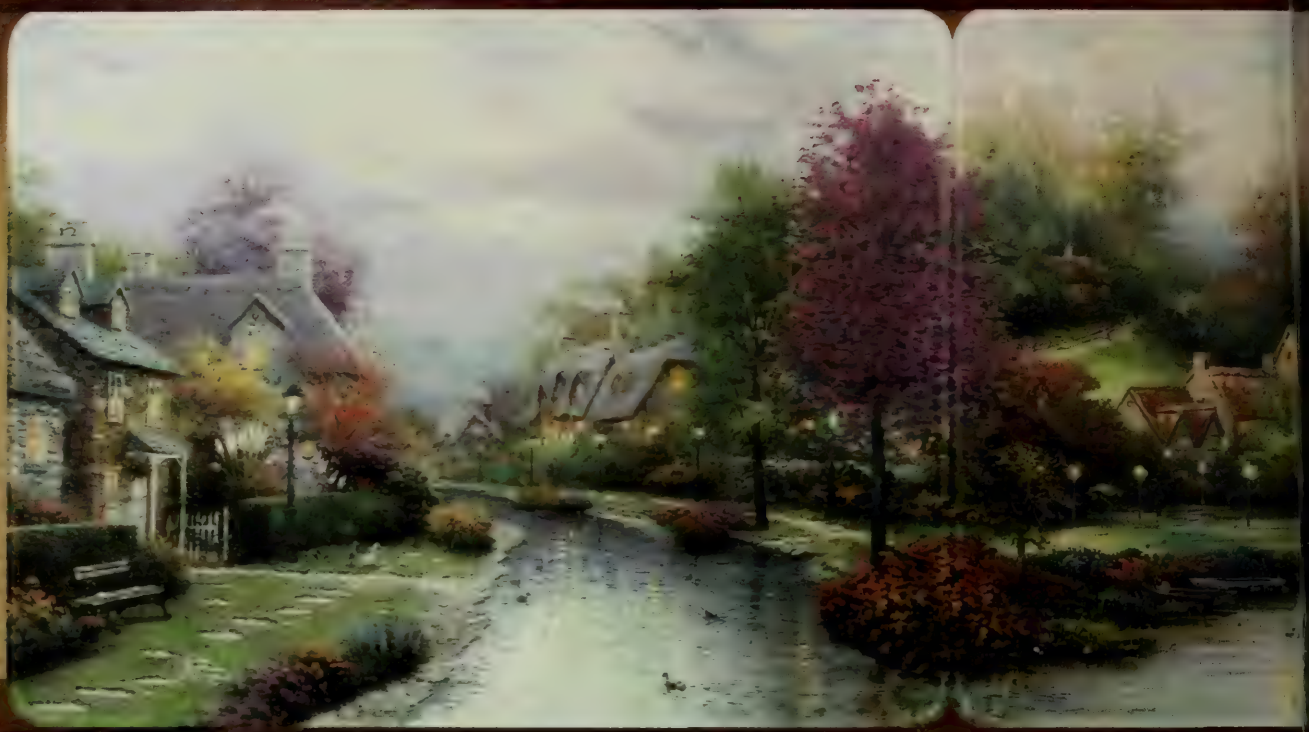
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Lamplight Village

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Relax and let Thomas Kinkade transport you to a magical place. A place of dreams where everything seems to glow from within and beauty and tranquility surround you. Thomas Kinkade's unique talent captures every lovely detail of this magical villa softly aglow in the twilight.

Plate One, "Lamplight Brooke," is fired on lustro ceramic and leads off the collection. You'll want visit "Lamplight Brooke" and all the gorgeous spots this panorama again and again. And at $39.95 p plate, with a one-year money-back guarantee, yo won't have to miss a single peaceful scene.

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- With Certificate of Authenticity and one-year guarantee

Fired on the back of each plate is an offical Bradex™ number: *only* genuine Bradford Exchange limited editions with this number can be traded on the Exchange.

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Health Q&A

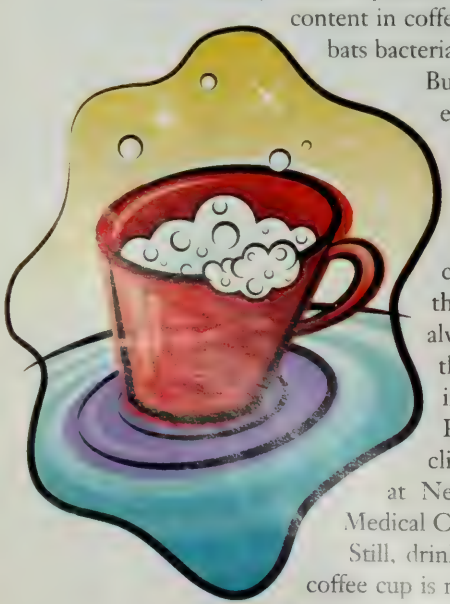
by Ad Hudler

Rarely does a week go by when we don't question our lifestyle and health habits in some way: Is this good for me? Can that hurt me? Will this make me live longer? So here's a list of questions about everyday stuff that people often ponder and expert answers from across the country.

Q: What happens if you don't clean out your coffee cup every morning but keep using it?

Don't let that little brown moon on the bottom of your cup frighten you; there's really no danger in using the same coffee cup time and again as long as it dries overnight.

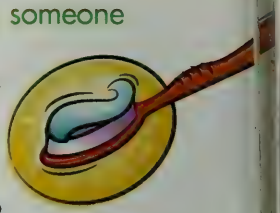
Without added moisture, any lingering germs most likely will perish. And the acid content in coffee and tea also combats bacteria.



But there's something else to consider: Protein acts like a suit of armor for bacteria. So people who like to put cream or milk in their coffee should always rinse their cups thoroughly, according to Philip Tierno, Ph.D., director of clinical microbiology at New York University Medical Center.

Still, drinking from a stained coffee cup is no big deal; remember that the germs in that mug belong to you. You're basically drinking your own backwash—if no one borrowed your cup. Says Tierno, "Drinking back organisms that you've placed there ordinarily won't hurt you at all."

Q: Can you get sick using someone else's toothbrush?



Because it's constantly wet, a toothbrush is home sweet home to germs. You can pass on gingivitis (gum disease), a cold, or the flu to a toothbrush partner, so it's best to use your own toothbrush, says Bob Roesch, D.D.S., a spokesman for the Academy of General Dentistry and a practicing dentist in Fremont, Nebraska.

If you insist on sharing spit, try using a toothbrush with translucent bristles, and keep it on the counter instead of the dark and dank medicine cabinet. Those germs from your mouth procreate like wild in dark, moist conditions, so it helps to keep your brush exposed to ultraviolet light and dry air.

Q: Why do we itch?

Basically, an itch is your skin's way of saying something is wrong.

We itch for several reasons. Cold sores and boils itch before they erupt. Moles itch just before they turn malignant. Itching can be a symptom of a serious internal disease such as lymphoma, Hodgkin's Disease, or a thyroid problem. People with diabetes itch more because they have problems with dry skin. We also itch in spring and summer when airborne pollen lands on our skin.

Scars and sores itch as they heal. "You know sores are getting better when the pain stops and itching starts," says Joseph Bark, M.D., a dermatologist in Lexington, Kentucky, and author of *Your Skin: An Owner's Guide.*

But eight out of 10 people itch simply because their skin is dry. Magnified dry skin looks like the cracked bed of a dry, baked desert lake. These flaky plates of dead skin slice into and delicately jab at the epidermis beneath, which is filled with nerve cells.

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Fresh, clean, soft skin.

Your husband will love
our bodywash,



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The fresh deodorant clean with moisturizer for all your 2000 parts.™

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Health Q&A

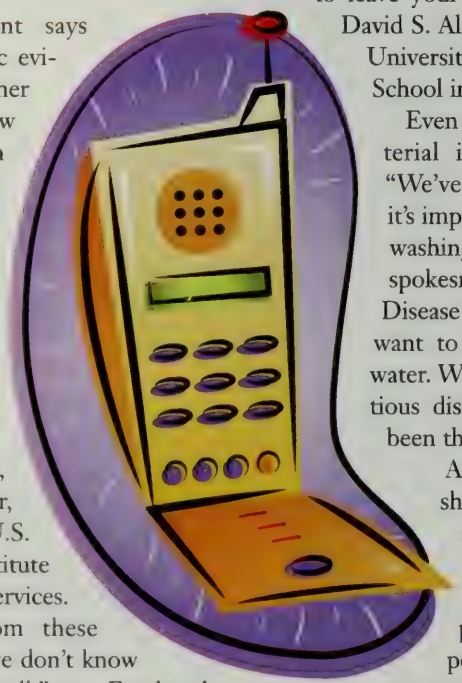
continued from page 74

And, says Dr. Bark, studies show that humans are more accepting of pain than itching. When we have an itch, we scratch because we want to replace the itch with pain.

Q: Is my car phone really safe to use?

No one knows for sure.

The federal government says there's not enough scientific evidence to know for sure either way. One study at the New England Medical Center in Boston suggested that cell phones caused some degree of interference with the heart pacemakers in 20 percent of participants.



In a Swedish study, researchers found that handheld cell phones caused headaches and some short-term memory loss, according to Finis Cavender, Ph.D., spokesman for the U.S. government's National Institute for Environmental Health Services.

"If there is a risk from these devices—and at this point we don't know if there is—it is probably small," says Food and Drug Administration spokesperson Sharon Snider.

Most experts agree on one thing: It's the handheld version of the phones causing alarm because of the short distance between the phone's antenna—the source of the radio-frequency energy—and the person's body.

Scientists know that high levels of such energy can cause biological damage, but they're not yet certain about the impact of lower levels, such as those that surround cellular phones. Cavender himself says he's just as concerned with the power module on the handheld phones.

"They generate the signal that goes out," he says. "It's the power unit that's the problem. When you bring that phone up to your ear, that power unit is right there."

If you are really concerned, Snider suggests you use the phones only for short calls. And since the radio-frequency energy level drops off dramatically with distance, Cavender recommends using a phone with an antenna that is mounted on the roof of your vehicle.

Q: To get the cleanest hands possible, do you have to use antibacterial soap?

Technically, the answer is yes, but you don't need antibacterial soap to get a good washing.

All soap loosens and emulsifies dirt so it can be washed away, but antibacterial soap leaves a residue that continues to kill germs—but not viruses—for a short time after the washing. How long depends on your body chemistry. One problem, however, is that most antibacterial soaps are harsher and more astringent than regular soap, so they're more likely to leave your skin feeling dry and itchy, says David S. Alkek, M.D., a dermatologist at the University of Texas Southwestern Medical School in Dallas.

Even more important than an antibacterial is how you wash your hands. "We've done some studies that indicate it's important to use running water when washing your hands," says Tom Skinner, spokesman for the U.S. Centers for Disease Control in Atlanta. "You don't want to fill the basin and use stagnant water. We've seen some outbreaks of infectious disease when (the wash basin) has been the culprit."

And, antibacterial soap or not, you should pay attention to what you do after washing. Don't use a communal towel. And public bathroom doors, which have been pushed and pulled by hundreds of people all day long, can contaminate your fine scrubbing in a second. Do what Dr. Alkek does; either push the door open with your body or pull the handle with your pinky. People behind you might snicker, but they won't be laughing when they get a cold or other infection.

Q: What happens if you don't clean your contacts as you should?

Plenty. Moist and vulnerable, your eyes are among the most sensitive body parts. If you don't clean your contacts well enough they'll develop protein deposits on the surface, and—without even knowing it's happening—you can develop an allergic reaction and have to quit wearing lenses for as little as three months or as long as forever.

"We've seen it happen in patients who have worn lenses for a few months to several years," says John W. Cowden, M.D., chairman of the department of ophthalmology at the University of Missouri School of Medicine.

Dirty contacts, like a dirty bandage, also can

continued on page 78

A single step stop-smoking patch? Or 3 steps?



Pharmacists and doctors prefer the 3-step method.

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The Nicotrol® patch comes in a single strength. That means you can't step down your dose.

But NicoDerm CQ has 3 strengths.

You start with the highest, and gradually step down your dose until you're free of nicotine.

And this gradual method is preferred by doctors and pharmacists by a wide margin.

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The power to **calm.**
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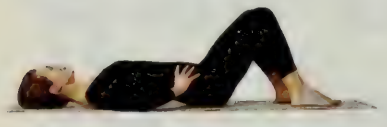
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NicoDerm CQ helps reduce withdrawal symptoms, including nicotine craving and irritability, associated with quitting smoking. Helps you to stop smoking when used as directed in enclosed users guide. *Light smokers start at Step 2. Nicotrol is a registered trademark of Pharmacia AB. ©1997 SmithKline Beecham Consumer Healthcare L.P.

Between us.

If sneezing or laughing brings sudden wetness, strengthen your bladder muscles.

Lie on the floor, knees bent. Raise your pelvis slightly, lifting it off the floor.



Imagine you are trying to stop and start the flow of urine. The muscles you use are the ones to exercise. Squeeze with an upward and inward pull, holding for a count of 3. Start with 10 a day and work up to about 40.



And remember, while you're helping yourself, there's help from Stayfree® Serenity.® With its Dry Layer Plus™ and OdaSorb,™ you feel odor free, worry free. Questions? Call our InfoLine 1-800-526-3967.

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Health Q&A

continued from page 76

cause infection, especially if you leave them in too long. Lens wearers who don't clean them as they should are four to 10 times more likely to develop an infection on the eye's surface, which can lead to partial blindness in worst-case situations.

At best, only 40 percent of contact wearers clean them as instructed, says Mitchell Loftin, an optometrist at the University of Missouri. His advice is simple: Clean your contacts every day using a separate cleaning solution, not just an overnight storing solution.

If you wear disposable contacts, watch the calendar and throw them away after two weeks.

Q: Is it safe to sit in a hot tub if hundreds of people have done so?

You can't catch a disease or virus in a hot tub. But, you can catch something called hot tub folliculitis.

The average hot tub is, well, hot—anywhere from 104 to 108 degrees. Dead skin cells shed easily in that environment, and a lot of people means a tub full of dead skin, which inactivates the chlorine. Bacteria likes hot water as much as a warm petri dish. It multiplies like mad and begins to explore your pores, which are wide open and vulnerable in all that hot water.

The problem comes after you get out. The bacteria can get trapped in your pores, especially in spots where your suit rubs against the skin, such as around the bottom of the torso. Small, white-headed pimples surface around hair follicles and can cause a rashlike eruption.

You'll most likely avoid problems if you shower immediately and shed your wet suit.

"Cleaning the skin is the main point," says Roy S. Rogers III, M.D., a professor of dermatology at the Mayo Clinic in Rochester, Minnesota. Make sure you use fresh water, he says; an antibacterial soap is also good. Should little pimples still appear, apply an antibiotic salve. They should disappear in a week.

Q. Can children harm their vision if they sit too close to a TV or computer screen?

Your grandmother was wrong: Staring at a screen up close will not burn holes in your eyes. Such activity simply strains and tires the eyes.

There is a chance, however, that prolonged up-close watching can eventually contribute to nearsightedness, as can reading, playing handheld video games, or any other activity in which your eyes focus on one up-close spot for a long time.

"It has to do with the nearness of the task," says Stephen Miller, director of the clinical care center at the American Optometric Association in St. Louis.

His advice? Whenever your children watch television, read, or focus up-close on a task, encourage them to get up and walk away from it every 30 minutes or so. By focusing on something farther away, their eyes will get a needed break.

continued on page 82



Between us.

"My little bladder problem is no problem. Exercise is helping me strengthen my bladder muscles. And I've found something better than a plain old maxi." *Maureen, 41.*



Serenity Bladder Protection. Dry. Fresh. Worry free.

Only Serenity has Dry Layer Plus™ to lock wetness inside so you stay dry, and OdaSorb™ to absorb odor so you stay fresh. Serenity is as small and light as a regular maxi, but so much drier, so much fresher.

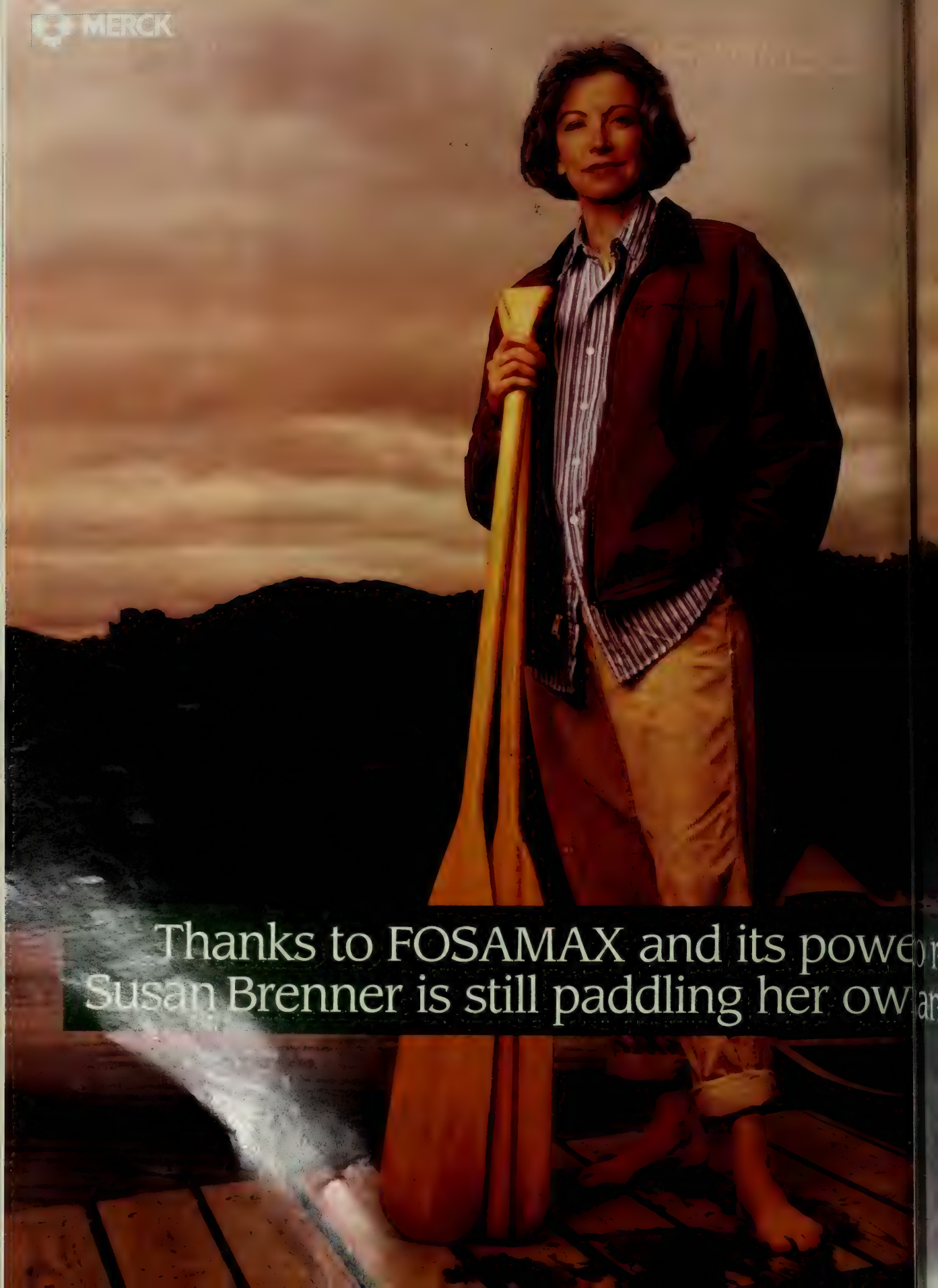
Dry Layer Plus.
Keeps you drier than any regular maxi.



Worry free *Stayfree* **Serenity**



NEIL - PPC 1996 PLEASE CONSULT YOUR DOCTOR ABOUT BLADDER PROBLEMS


MERCK
Thanks to FOSAMAX and its powe
Susan Brenner is still paddling her ow



FOSAMAX is the first non-hormonal treatment for postmenopausal osteoporosis proven to rebuild bone. So bones are less likely to fracture.

After menopause, Susan's doctor cautioned her that most women's bones begin to become thinner and weaker at that time. That can lead to osteoporosis, a problem you can have and not know it.

At first, he explained, the disease is silent. Many women find out they have it after breaking a bone.

And he explained that while the calcium Susan's been taking is important for osteoporosis, *calcium can't totally stop bone loss or rebuild bone after menopause.*

Susan's doctor evaluated her condition and the results of a simple, painless test, and determined that she did have osteoporosis.

So he prescribed FOSAMAX. The breakthrough treatment that's completely non-hormonal and can truly rebuild bone in most women.

See your doctor or other healthcare professional. And if it's determined that you do have osteoporosis, ask if FOSAMAX is right for you.

It should be used with caution if you have certain stomach or digestive problems, and should not be used if you have certain disorders of the esophagus (the tube that connects your mouth with your stomach), are unable to stand or sit upright for at least 30 minutes or have severe kidney disease, low levels of calcium in your blood, are allergic to FOSAMAX or are pregnant or nursing.

Some patients may develop severe digestive reactions including irritation, inflammation, or ulceration of the esophagus (see Patient Information for more details). Like all prescription drugs, FOSAMAX may cause side effects. Side effects usually have been mild. They generally have not caused patients to stop taking FOSAMAX.

But if you're like most women with osteoporosis, you'll find that FOSAMAX is a unique and powerful way to help build back the strength of your bones. And your ability to lead the active life you love.

Ask your doctor and call
1 800 214-7005 for information.

The power
to rebuild bone.

FOSAMAX®
(alendronate sodium tablets)

Please see Patient Information on next page and discuss it with your doctor.

971361(6)(004)-FOS

FOSAMAX® (alendronate sodium tablets)
Patient Information about
FOSAMAX® (FOSS-ah-max) for Osteoporosis
Generic name: alendronate sodium (a-LEN-dro-nate)

Please read this information before you start taking FOSAMAX. Also, read the Patient Information leaflet each time you renew your prescription, just in case anything has changed. Remember, the leaflet does not take the place of careful discussions with your doctor. You and your doctor should discuss FOSAMAX when you start taking your medication and at regular checkups.

How should I take FOSAMAX?

These are the important things you must do to help make sure you will benefit from FOSAMAX:

1. **After getting up for the day, swallow your FOSAMAX tablet with a full glass (6-8 oz.) of plain water only.**
   Not mineral water
   Not coffee or tea
   Not juice
2. **After swallowing your FOSAMAX tablet do not lie down — stay fully upright (sitting or standing) for at least 30 minutes and until after your first food of the day. Do not chew or suck on a tablet of FOSAMAX.** This will help the FOSAMAX tablet reach your stomach quickly and help avoid irritation of your esophagus (the tube that connects your mouth with your stomach).
3. **After swallowing your FOSAMAX tablet, wait at least 30 minutes before taking your first food, beverage, or other medication of the day,** including antacids, calcium supplements and vitamins. FOSAMAX is effective only if taken when your stomach is empty.
4. **Do not take FOSAMAX at bedtime or before getting up for the day.**
5. **If you have difficulty or pain upon swallowing, chest pain, or new or worsening heartburn, stop taking FOSAMAX and call your doctor.**
6. Take FOSAMAX once a day, every day.
7. It is important that you continue taking FOSAMAX for as long as your doctor prescribes it. FOSAMAX can treat your osteoporosis or help you from getting osteoporosis only if you continue to take it.
8. If you miss a dose do not take it later in the day. Continue your usual schedule of 1 tablet once a day the next morning.

What is FOSAMAX?

FOSAMAX is for the treatment or prevention of osteoporosis (thinning of bone) in women after menopause. It reduces the chance of having a hip, wrist or spinal fracture. You will find more information about osteoporosis at the end of the leaflet.

How does FOSAMAX work?

FOSAMAX works by:

- Reducing the activity of the cells that cause bone loss
- Decreasing the faster rate of bone loss that occurs after menopause
- Increasing the amount of bone in most patients

These effects are seen as soon as three months after therapy with FOSAMAX has begun. These effects continue as long as you keep taking FOSAMAX. The density of bone is maintained or increased and the bone is less likely to fracture. Thus, FOSAMAX prevents or reverses the progression of osteoporosis.

Who should not take FOSAMAX?

Patients with:

- Certain disorders of the esophagus (the tube that connects your mouth with your stomach)
- Inability to stand or sit upright for at least 30 minutes
- Low levels of calcium in their blood
- Severe kidney disease
- Allergy to FOSAMAX

Patients who are:

- Pregnant or Nursing

FOSAMAX is for use by women after menopause. If you are pregnant or nursing, you should not be taking FOSAMAX. Talk to your doctor.

What other medical problems should I discuss with my doctor?

Talk to your doctor about any:

- Problems with swallowing
- Stomach or digestive problems
- Other medical problems you have or have had in the past

What are the possible side effects of FOSAMAX?

Some patients may develop severe digestive reactions including irritation, inflammation or ulceration (occasionally with bleeding) of the esophagus (the tube that connects your mouth with your stomach). These reactions can cause chest pain, heartburn or difficulty or pain upon swallowing. This may occur especially if patients do not drink a full glass of water with FOSAMAX® (alendronate sodium tablets) and/or if they lie down in less than 30 minutes and before their first food of the day. Esophageal reactions may worsen if patients continue to take FOSAMAX after developing symptoms suggesting irritation of the esophagus.

Like all prescription drugs, FOSAMAX may cause side effects. Side effects usually have been mild. They generally have not caused patients to stop taking FOSAMAX. Some patients treated with FOSAMAX experienced abdominal (stomach) pain. This is the most commonly reported side effect. Less frequently reported side effects are:

Nausea, heartburn, irritation or pain of the esophagus (the tube that connects your mouth with your stomach), vomiting, difficulty swallowing, a full or bloated feeling in the stomach, constipation, diarrhea and gas.

Rarely stomach or other peptic ulcers (some severe) have occurred.

Bone, muscle or joint pain, headache, or an altered sense of taste were also experienced by some patients. Rarely, a rash has occurred. Allergic reactions such as hives or, rarely, swelling of the face, lips, tongue and/or throat which may cause difficulty in breathing or swallowing have also been reported. Mouth ulcers have occurred when the tablet was chewed or dissolved in the mouth.

Anytime you have a medical problem you think may be related to FOSAMAX, talk to your doctor.

What should I know about osteoporosis?

Normally your bones are being rebuilt all the time. First, old bone is removed (resorbed). Then a similar amount of new bone is formed. This balanced process keeps your skeleton healthy and strong.

Osteoporosis is a thinning and weakening of the bones. It is common in women after menopause. Menopause happens when the ovaries stop producing the female hormone, estrogen, or are removed (which may occur, for example, at the time of a hysterectomy). After menopause, bone is removed faster than it is formed, so bone loss occurs and bones become weaker. Therefore, maintaining bone mass is important to keep your bones healthy.

At the start osteoporosis usually has no symptoms, but it can result in fractures (broken bones). Fractures usually cause pain. Fractures of the bones of the spine may not be painful, but over time they cause height loss. Eventually the spine becomes curved and the body becomes bent over. Fractures may happen during normal, everyday activity, such as lifting, or from minor injury that would normally not cause bone to break. Fractures most often occur at the hip, spine, or wrist. This can lead to pain, severe disability, or loss of mobility.

How can osteoporosis in postmenopausal women be treated or prevented?

- **Medication.** Your doctor has prescribed FOSAMAX. FOSAMAX acts specifically on your bones. FOSAMAX is not a hormone and does not have the benefits and risks of estrogen (hormone replacement therapy) elsewhere in your body. Either FOSAMAX or estrogen may be used to treat or prevent osteoporosis. You may want to talk to your doctor about these options.
- **Lifestyle changes.** In addition to FOSAMAX, your doctor may recommend one or more of the following lifestyle changes:
  - **Stop smoking.** Smoking appears to increase the risk of osteoporosis.
  - **Reduce the use of alcohol.** Too much alcohol appears to increase the risk of osteoporosis and injuries that may cause fractures.
  - **Exercise regularly.** Like muscles, bones need exercise to stay strong and healthy. Exercise must be safe to prevent injuries including fractures. You should consult your doctor before you begin any exercise program.
  - **Eat a balanced diet.** Adequate dietary calcium is important to patients with osteoporosis. Your doctor can advise you whether you need to change your diet or take any dietary supplements such as calcium or vitamin D.

This medication is prescribed for a particular condition. Do not use it for another condition or give the drug to others. Keep FOSAMAX and all medicines out of the reach of children. If you suspect that more than the prescribed dose of this medicine has been taken, drink a full glass of milk and contact your local poison control center or emergency room immediately. Do not induce vomiting. Do not lie down.

This leaflet provides a summary of information about FOSAMAX. If you have any questions or concerns about either FOSAMAX or osteoporosis, talk to your doctor. In addition, talk to your pharmacist or other healthcare provider.

MERCK & CO., INC.
Issued April 1997
West Point, PA 19486, USA

FOSAMAX®
(alendronate sodium tablets)

MERCK

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971361(6)(004)-FOS

Health Q&A

continued from page 78

Q: Do you burn more calories if you eat a meal before or after exercising?

Fitness experts say its best to exercise before eating for several reasons. When you exercise, you burn both fat and carbohydrates. For most of us, it's fat we want to shed. Your body will burn more fat if there are fewer carbohydrates in your system to burn. That means it also might be best to exercise in the morning when your hungry body has few carbohydrates in its system, says Janet Walberg Rankin, a nutritionist and exercise physiologist at Virginia Tech University in Blacksburg, Virginia.

Though guilt might provoke you to exercise after a meal, it's best not to. Carrying that load of lasagna and garlic toast for a 30-minute climb on a stairstepping machine doesn't make for a comfortable, productive workout. Your stomach will compete with your muscles for oxygen.

"If you exercise on an empty or nearly empty stomach, then you can exercise at a higher intensity," says Richard Cotton of the American Council on Exercise.

Q: Am I harming my skin if it's dry and white and I don't put lotion on it?

White, flaky skin looks much worse than it really is. Though dryness can stress the skin, it won't promote wrinkles or aging.

Still, skin is your body's barrier to the elements, so it's best to keep it moist, says Dr. Alkek, a Dallas dermatologist. Lotion doesn't add moisture but acts as a barrier to prevent further evaporation. Think of it as a layer of plastic wrap.

Truly dry skin will benefit more from a bath than a shower because the skin has more time to absorb the water. Applying lotion after a bath also helps lock in moisture.

The National Osteoporosis Foundation recommends a diet rich in calcium from broccoli, salmon, milk and Tums.

America has a calcium deficiency. 80% of American women don't get enough calcium. That's why, when we reach 50, half of us are likely to get osteoporosis. One out of two!

Your bones are calcium. Your bones need calcium. 1,000 mgs of it every day. From greens. From milk. From cheese. From Tums.® (Just 2 Tums Ultra give you 800 mgs of calcium.)

You need calcium. Tums is calcium. Of all the wonderful sources of calcium, none is richer, none is purer, none is easier and none is more human-being-useful than Tums.

That's why doctors recommend Tums. Of all the brands of calcium, doctors recommend Tums most. And Tums is the first calcium supplement ever recommended by the National Osteoporosis Foundation.

Do something. Talk to your doctor. About calcium. About risk factors. About exercise. And about Tums. And remember, the better you treat you, the longer you last.

CALCIUMS®



RECOMMENDED NATIONAL OSTEOPOROSIS FOUNDATION

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FOSAMAX® (alendronate sodium tablets)
Patient Information about
FOSAMAX® (FOSS-ah-max) for Osteoporosis
Generic name: alendronate sodium (a-LEN-dro-nate)

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8. If you miss a dose do not take it later in the day. Continue your usual schedule of 1 tablet once a day the next morning.

What is FOSAMAX?

FOSAMAX is for the treatment or prevention of osteoporosis (thinning of bone) in women after menopause. It reduces the chance of having a hip, wrist or spinal fracture. You will find more information about osteoporosis at the end of the leaflet.

How does FOSAMAX work?

FOSAMAX works by:

- Reducing the activity of the cells that cause bone loss
- Decreasing the faster rate of bone loss that occurs after menopause
- Increasing the amount of bone in most patients

These effects are seen as soon as three months after therapy with FOSAMAX has begun. These effects continue as long as you keep taking FOSAMAX. The density of bone is maintained or increased and the bone is less likely to fracture. Thus, FOSAMAX prevents or reverses the progression of osteoporosis.

Who should not take FOSAMAX?

Patients with:

- Certain disorders of the esophagus (the tube that connects your mouth with your stomach)
- Inability to stand or sit upright for at least 30 minutes
- Low levels of calcium in their blood
- Severe kidney disease
- Allergy to FOSAMAX

Patients who are:

- Pregnant or Nursing

FOSAMAX is for use by women after menopause. If you are pregnant or nursing, you should not be taking FOSAMAX. Talk to your doctor.

What other medical problems should I discuss with my doctor?

Talk to your doctor about any:

- Problems with swallowing
- Stomach or digestive problems
- Other medical problems you have or have had in the past

What are the possible side effects of FOSAMAX?

Some patients may develop severe digestive reactions including irritation, inflammation or ulceration (occasionally with bleeding) of the esophagus (the tube that connects your mouth with your stomach). These reactions can cause chest pain, heartburn or difficulty or pain upon swallowing. This may occur especially if patients do not drink a full glass of water with FOSAMAX® (alendronate sodium tablets) and/or if they lie down in less than 30 minutes and before their first food of the day. Esophageal reactions may worsen if patients continue to take FOSAMAX after developing symptoms suggesting irritation of the esophagus.

Like all prescription drugs, FOSAMAX may cause side effects. Side effects usually have been mild. They generally have not caused patients to stop taking FOSAMAX. Some patients treated with FOSAMAX experienced abdominal (stomach) pain. This is the most commonly reported side effect. Less frequently reported side effects are:

Nausea, heartburn, irritation or pain of the esophagus (the tube that connects your mouth with your stomach), vomiting, difficulty swallowing, a full or bloated feeling in the stomach, constipation, diarrhea and gas.

Rarely stomach or other peptic ulcers (some severe) have occurred.

Bone, muscle or joint pain, headache, or an altered sense of taste were also experienced by some patients. Rarely, a rash has occurred. Allergic reactions such as hives or, rarely, swelling of the face, lips, tongue and/or throat which may cause difficulty in breathing or swallowing have also been reported. Mouth ulcers have occurred when the tablet was chewed or dissolved in the mouth.

Anytime you have a medical problem you think may be related to FOSAMAX, talk to your doctor.

What should I know about osteoporosis?

Normally your bones are being rebuilt all the time. First, old bone is removed (resorbed). Then a similar amount of new bone is formed. This balanced process keeps your skeleton healthy and strong.

Osteoporosis is a thinning and weakening of the bones. It is common in women after menopause. Menopause happens when the ovaries stop producing the female hormone, estrogen, or are removed (which may occur, for example, at the time of a hysterectomy). After menopause, bone is removed faster than it is formed, so bone loss occurs and bones become weaker. Therefore, maintaining bone mass is important to keep your bones healthy.

At the start osteoporosis usually has no symptoms, but it can result in fractures (broken bones). Fractures usually cause pain. Fractures of the bones of the spine may not be painful, but over time they cause height loss. Eventually the spine becomes curved and the body becomes bent over. Fractures may happen during normal, everyday activity, such as lifting, or from minor injury that would normally not cause bone to break. Fractures most often occur at the hip, spine, or wrist. This can lead to pain, severe disability, or loss of mobility.

How can osteoporosis in postmenopausal women be treated or prevented?

- **Medication.** Your doctor has prescribed FOSAMAX. FOSAMAX acts specifically on your bones. FOSAMAX is not a hormone and does not have the benefits and risks of estrogen (hormone replacement therapy) elsewhere in your body. Either FOSAMAX or estrogen may be used to treat or prevent osteoporosis. You may want to talk to your doctor about these options.
- **Lifestyle changes.** In addition to FOSAMAX, your doctor may recommend one or more of the following lifestyle changes:
  - **Stop smoking.** Smoking appears to increase the risk of osteoporosis.
  - **Reduce the use of alcohol.** Too much alcohol appears to increase the risk of osteoporosis and injuries that may cause fractures.
  - **Exercise regularly.** Like muscles, bones need exercise to stay strong and healthy. Exercise must be safe to prevent injuries including fractures. You should consult your doctor before you begin any exercise program.
  - **Eat a balanced diet.** Adequate dietary calcium is important to patients with osteoporosis. Your doctor can advise you whether you need to change your diet or take any dietary supplements such as calcium or vitamin D.

This medication is prescribed for a particular condition. Do not use it for another condition or give the drug to others. Keep FOSAMAX and all medicines out of the reach of children. If you suspect that more than the prescribed dose of this medicine has been taken, drink a full glass of milk and contact your local poison control center or emergency room immediately. Do not induce vomiting. Do not lie down.

This leaflet provides a summary of information about FOSAMAX. If you have any questions or concerns about either FOSAMAX or osteoporosis, talk to your doctor. In addition, talk to your pharmacist or other healthcare provider.

MERCK & CO., INC.
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FOSAMAX®
(alendronate sodium tablets)

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Health Q&A

continued from page

Q: Do you burn more calories if you eat a meal before or after exercising?

Fitness experts say its best to exercise before eating for several reasons. When you exercise, you burn both fat and carbohydrates. For most of us, it's fat we want to shed. Your body will burn more fat if there are fewer carbohydrates in your system to burn. That means it also might be best to exercise in the morning when your hungry body has few carbohydrates in its system, says Janet Walberg Rankin, a nutritionist and exercise physiologist at Virginia Tech University in Blacksburg, Virginia.

Though guilt might provoke you to exercise after a meal, it's best not to. Carrying that load of lasagna and garlic toast for a 30-minute climb on a stairstepping machine doesn't make for a comfortable, productive workout. Your stomach will compete with your muscles for oxygen.

"If you exercise on an empty or nearly empty stomach, then you can exercise at a higher intensity," says Richard Cotton of the American Council on Exercise.

Q: Am I harming my skin if it's dry and white and I don't put lotion on it?

White, flaky skin looks much worse than it really is. Though dryness can stress the skin, it won't promote wrinkles or aging.

Still, skin is your body's barrier to the elements, so it's best to keep it moist, says Dr. Alkek, a Dallas dermatologist. Lotion doesn't add moisture but acts as a barrier to prevent further evaporation. Think of it as a layer of plastic wrap.

Truly dry skin will benefit more from a bath than a shower because the skin has more time to absorb the water. Applying lotion after a bath also helps lock in moisture.

The National Osteoporosis Foundation recommends a diet rich in calcium from broccoli, salmon, milk and Tums.

America has a calcium deficiency. 80% of American women don't get enough calcium. That's why, when we reach 50, half of us are likely to get osteoporosis. One out of two!

Your bones are calcium. Your bones need calcium. 1,000 mgs of it every day. From greens. From milk. From cheese. From Tums.® (Just 2 Tums Ultra give you 800 mgs of calcium.)

You need calcium. Tums is calcium. Of all the wonderful sources of calcium, none is richer, none is purer, none is easier and none is more human-being-useful than Tums.

That's why doctors recommend Tums. Of all the brands of calcium, doctors recommend Tums most. And Tums is the first calcium supplement ever recommended by the National Osteoporosis Foundation.

Do something. Talk to your doctor. About calcium. About risk factors. About exercise. And about Tums. And remember, the better you treat you, the longer you last.

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RECOMMENDED NATIONAL OSTEOPOROSIS FOUNDATION

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Migraines: The Nutrition Connection

by David Feder, Registered Dietitian



There are headaches... and then there are *headaches.* Migraines—those crippling, chronic headaches that feel as if you stopped a freight train with your brain—affect 45 million Americans each year, according to Suzanne Simons, director of the National Headache Foundation.

About 70 percent of those who suffer these atomic skull-splitters are female. Cost-wise, consumers annually spend billions of dollars on headache medications, even though most provide little relief for migraines. Businesses lose 157 million worker-days because of absenteeism from this condition. And this doesn't include decreased productivity by those of us who, feeling too guilty to call in sick "with a headache," suffer through the workday with a migraine.

No matter who gets the migraine, everyone involved suffers.

Are Your Headaches Real Migraines?

Symptoms of true migraine headaches can include any or all of the following:

- a throbbing or dull ache on one or both sides of head
- sensitivity to light, smells, and/or noise
- fatigue, dizziness, confusion, and/or forgetfulness
- nausea (with or without vomiting)

These symptoms typically last from 4 to 24 hours or more, and are worsened by physical activity.

The Nutrition Link

The causes of headaches in general—and migraines or cluster headaches in particular—are as varied as the people who get them. And no matter who gets the migraine, everyone involved with the victim suffers. Although migraines are a largely inherited affliction, everything from allergies to odors have been investigated as sources. One highly suspect dietary cause of migraine headaches is tyramine—an amino acid found in cheddar cheese, chocolate, and pickles.

Other foods currently experiencing close scientific scrutiny are:

- caffeine (in excess)
- red wine
- aged cheeses
- preserved, pickled, and marinated foods
- nitrates, monosodium glutamate (MSG)
- beans, nuts, or other legumes (ie.: peanuts)
- brewer's yeast

The Caffeine Connection

Coffee, tea, and cola drinks are stimulants, causing constrictions of tiny blood vessels in the brain. Whereas this reaction could actually help in the case of an acute headache, it can initiate a "cranial cataclysm" in persons prone to chronic headaches. Drinks with caffeine taken on a regular basis can also disrupt your sleep cycle, reducing both the quantity and the quality of sleep. This, too, may precipitate migraines.

On the other hand, withdrawal from caffeine also can cause traumatizing headaches that mimic migraines. Be sure to pace yourself and taper off your intake if you are decaffeinating your life. Should you still incur migraine-like reactions, there are several things you can do to help relieve your suffering. Drink plenty of water, exercise regularly, and eat balanced meals. Plus, be sure to get plenty of sleep. Fortunately, caffeine withdrawal headaches usually last no more than a week or so.

continued on page 92


Ready to stir things up?
Try a new passion.
New Crystal Light® Tropical Passions™
Watermelon-Strawberry
Imagine the chilling taste of watermelon with the juicy flavor of plump, red strawberries. Introducing Watermelon - Strawberry, the newest Crystal Light-Tropical Passions. Each serving only 5 calories so tempting it'll become a passion you can give in to.
CRYSTAL LIGHT
NEW!
Watermelon-Strawberry
CRYSTAL LIGHT
Tropical Passions
Light low calorie soft drink mix. Artificially flavored.

Migraines

continued from page 90

What You Can Do

Not only do migraines often have more than one single source, combinations of situations such as stress, allergies and intolerances, sleep deficit, medication, or other factors can combine to cause one monster of a headache. The most important thing to do if you suffer from repetitious and relentless headaches is to seek professional help from your primary care provider, headache specialist, or neurologist.

Chronic headache sufferers who are unsure if the cause is allergies, intolerances, or just plain stress can rule out suspected catalysts by keeping a diary of the foods they eat and the occurrence and durations of their headaches. Providing a diary to your headache specialist will also be a big help in pinning down a culprit.



Once you have a list of possible items, you can gradually eliminate or avoid one prospective headache initiator at a time. However, Simons cautions, "Not all of the suspected substances cause headaches in all sufferers, all the time."

For instance, if you believe that caffeine or red wine is responsible, don't cut out coffee and wine. First, taper off on all sources of caffeine—coffee, tea, soft drinks, and over-the-counter medications containing caffeine—from your diet. Should the eliminated substances lead to a decrease in the number or duration of your headaches after several weeks, you may have discovered your nemesis. In the event that this doesn't help, you can then target the wine or other presumed offender.

Foods That May Help

Omega-3 fatty acids—the kind of fats found in fish oils—have been gaining some attention lately as possible therapy for some migraines. Already famous for helping reduce risk of heart disease, in one study these readily available compounds were found deficient in many subjects with frequent and severe migraine headaches.

Increasing omega-3 fatty acids in migraine sufferers' diets by about 10 g per day led to a decrease in both the number and severity of their headaches. Although doctors may not yet be ready to advise you to "take two herring and call me in the morning," it looks as if what's been good for your heart may also be good for your head.

Vitamin and Mineral Therapy

Deficiencies of certain vitamins, such as the B-complex vitamins and antioxidants, are another possible cause of migraines. Although preliminary, some clinical studies are showing that supplementation with these vitamins may reduce the severity of migraine headaches.

Treatment with magnesium supplements could also prove promising in fighting migraines. In studies with women who complained of migraines accompanying their menstrual periods, magnesium supplements were shown to mitigate most of the symptoms.

Improving Your Eating Habits And Other Strategies

For whatever reason you suffer from headaches, the most important dietary changes you can make are to eat healthfully, enjoy a variety of fresh foods, and don't skip meals.

Breakfast, the most important meal of the day, is doubly so for migraine endurers. In a poll of chronic sufferers, the majority skipped breakfast on a regular basis. It could be the subjects were susceptible to the influences of caffeine as outlined on *page 90* (drinking their morning coffee on an empty stomach). Or, maybe they had no time to eat because they got little sleep at night and rushed out the next day without breakfast.

Then again, they could have just been under a lot of stress in general. And although all three—caffeine, lack of sleep, and stress—are suspected migraine triggers, one thing is certain: The folks in question did not get a good meal before dashing out to face the day.

Simons Says: *Suzanne Simons, executive director of the National Headache Foundation, says you can get free information by calling their toll-free number at 800/843-2256, or visiting their Internet site at http://www.headaches.org.*

DO ARTIFICIAL FLAVORINGS AND PRESERVATIVES CAUSE HEADACHES?

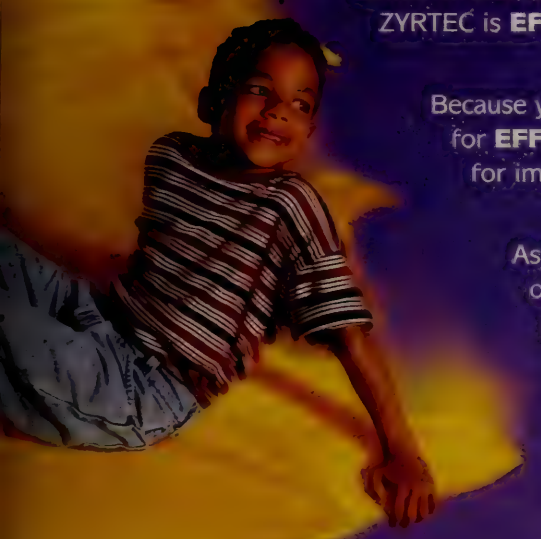
Most wines, pickles, and preserved foods contain natural or added sulfites—a common trigger of crushing headaches. Artificial sweeteners abound in thousands of foods and beverages, especially those boasting reduced calories or bearing "diet" and "light" labels. Scientific studies support the idea that some people may indeed have intolerances to foods containing sulfites, sweeteners, preservatives, artificial flavors and enhancers (especially monosodium glutamate), or additives, making them susceptible to typically throbbing, migraine-like head pains after eating foods containing these compounds. "Intolerances"—which, unlike true allergies, do not involve the immune system—can cause reactions other than headaches, such as sneezing and breathing distress. Avoiding these substances can sometimes be difficult since they appear in many packaged and processed foods.


He lives for
Karaoke Night.
He lives for pot roast
with the crinkly carrots
and crunchy potatoes.
And he lives for
salad covered
in Kraft® Free®
Italian Dressing.
(He also lives for
Professional Wrestling –
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Shaker Top
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BIG ALLERGIES. BIG TASTE. EFFECTIVE RELIEF.



When it's your child's allergy, there's no such thing as a small allergy. So for your child's allergy there's **EFFECTIVE** relief—ZYRTEC® (cetirizine HCl) syrup. ZYRTEC has a **BIG** banana-grape taste kids like. You only have to give it once a day. And it has no alcohol or dyes. Safety has been demonstrated in children and adults from 6 to 94 years of age. ZYRTEC is **EFFECTIVE** prescription relief for your child's allergies.

Because your child's allergies are a **BIG** deal, ask your doctor for **EFFECTIVE** allergy relief—ZYRTEC. Call **1-888-BIG-RELIEF** for important information about allergies and ZYRTEC.

As with all prescription medications, side effects may occur. Always talk to your doctor about any medication your child may take. When children (6 to 11 years) took ZYRTEC syrup, most side effects were mild or moderate. The most common side effects included headache (11.0% at 5 mg, 14.0% at 10 mg, and 12.3% on placebo), pharyngitis (6.2% at 5 mg, 2.8% at 10 mg, and 2.9% on placebo), abdominal pain (4.4% at 5 mg, 5.6% at 10 mg, and 1.9% on placebo), and somnolence (1.9% at 5 mg, 4.2% at 10 mg, and 1.3% on placebo). Discontinuation due to side effects was not significantly different from placebo (0.4% for ZYRTEC syrup vs 1.0% for placebo).

TOLL-FREE
Call 1-888-BIG-RELIEF.

ONCE-A-DAY
ZYRTEC®
cetirizine HCl

EFFECTIVE RELIEF FOR YOUR CHILD'S ALLERGIES

Please see important information for ZYRTEC tablets and syrup on the following page

ONCE-A-DAY
ZYRTEC®
cetirizine HCl

For Seasonal and Year-round Allergies and Chronic Idiopathic Urticaria.
Due caution should be exercised when driving a car or operating potentially dangerous machinery.

BRIEF SUMMARY
ZYRTEC® (CETIRIZINE HYDROCHLORIDE) TABLETS AND SYRUP FOR ORAL USE
(FOR FULL PRESCRIBING INFORMATION, CONSULT PACKAGE INSERT)

CONTRAINDICATIONS ZYRTEC is contraindicated in those patients with a known hypersensitivity to it or any of its ingredients or hydroxyzine. **PRECAUTIONS** Activities Requiring Mental Alertness: In clinical trials, the occurrence of somnolence has been reported in some patients taking ZYRTEC; due caution should therefore be exercised when driving a car or operating potentially dangerous machinery. Concurrent use of ZYRTEC with alcohol or other CNS depressants should be avoided because additional reductions in alertness and additional impairment of CNS performance may occur. **Drug-drug Interactions:** No clinically significant drug interactions have been found with theophylline at a low dose, azithromycin, pseudoephedrine, ketoconazole, or erythromycin. There was a small decrease in the clearance of cetirizine caused by a 400 mg dose of theophylline; it is possible that larger theophylline doses could have a greater effect. **Carcinogenesis, Mutagenesis and Impairment of Fertility:** No evidence of carcinogenicity was observed in a 2-year carcinogenicity study in rats at dietary doses up to 20 mg/kg/day (approximately 10 times the maximum recommended human daily oral dose on a mg/m^2 basis). An increased incidence of benign liver tumors was found in a 2-year carcinogenicity study in male mice at a dietary dose of 16 mg/kg/day (approximately 4 times the maximum recommended human daily oral dose on a mg/m^2 basis). The clinical significance of these findings during long-term use of ZYRTEC is not known. Cetirizine was not mutagenic in the Ames test, and not clastogenic in the human lymphocyte assay, the mouse lymphoma assay, and *in vivo* micronucleus test in rats. No impairment of fertility was found in a fertility and general reproductive performance study in mice at an oral dose of 64 mg/kg/day (approximately 26 times the maximum recommended adult human daily oral dose on a mg/m^2 basis). **Pregnancy Category B:** Cetirizine was not teratogenic in mice, rats and rabbits at oral doses up to 96, 225, and 135 mg/kg/day (or approximately 40, 180, and 215 times the maximum recommended adult human daily oral dose on a mg/m^2 basis), respectively. There are no adequate and well-controlled studies in pregnant women. Because animal studies are not always predictive of human response, ZYRTEC should be used in pregnancy only if clearly needed. **Nursing Mothers:** Retarded pup weight gain was found in mice during lactation when dams were given cetirizine at 96 mg/kg/day (approximately 40 times the maximum recommended adult human daily oral dose on a mg/m^2 basis). Studies in beagle dogs indicate that approximately 3% of the dose is excreted in milk. Cetirizine has been reported to be excreted in human breast milk. Because many drugs are excreted in human milk, use of ZYRTEC in nursing mothers is not recommended. **Geriatric Use:** In placebo-controlled trials, 186 patients aged 65 to 94 years received doses of 5 to 20 mg of ZYRTEC per day. Adverse events were similar in this group to patients under age 65. Subset analysis of efficacy in this group was not done. **Pediatric Use:** The safety of ZYRTEC, at daily doses of 5 or 10 mg, has been demonstrated in 376 pediatric patients 6-11 years of age in placebo-controlled trials lasting up to four weeks and in 254 patients in a non-placebo-controlled 12 week trial. *The effectiveness of ZYRTEC for the treatment of seasonal and perennial allergic rhinitis and chronic idiopathic urticaria in this pediatric age group is based on an extrapolation of the demonstrated efficacy of ZYRTEC in adults in these conditions and the likelihood that the disease course, pathophysiology and the drugs effect are substantially similar between these two populations.* The recommended doses for the pediatric population are based on a cross-study comparison of the pharmacokinetics and pharmacodynamics of cetirizine in adults and pediatric subjects and on the safety profile of cetirizine in both adults and pediatric patients at doses equal to or higher than the recommended doses. The cetirizine AUC and C_{max} in pediatric subjects 6-11 years of age who received a single dose of 10 mg of cetirizine syrup was estimated to be intermediate between that observed in adults who received a single dose of 10 mg of cetirizine tablets and those who received a single dose of 20 mg of cetirizine tablets. **ADVERSE REACTIONS** Controlled and uncontrolled clinical trials conducted in the United States and Canada included more than 6000 patients aged 12 years and older, with more than 3900 receiving ZYRTEC at doses of 5 to 20 mg per day. The duration of treatment ranged from 1 week to 6 months, with a mean exposure of 30 days. Most adverse reactions reported during therapy with ZYRTEC were mild or moderate. In placebo-controlled trials, the incidence of discontinuations due to adverse reactions in patients receiving ZYRTEC 5 mg or 10 mg was not significantly different from placebo (2.9% vs. 2.4%, respectively). The most common adverse reaction in patients aged 12 years and older that occurred more frequently on ZYRTEC than placebo was somnolence. The incidence of somnolence associated with ZYRTEC was dose related, 6% in placebo, 11% at 5 mg and 14% at 10 mg. Discontinuations due to somnolence for ZYRTEC were uncommon (1.0% on ZYRTEC vs. 0.6% on placebo). Fatigue and dry mouth also appeared to be treatment-related adverse reactions. There were no differences by age, race, gender or by body weight with regard to the incidence of adverse reactions. Table 1 lists adverse experiences in patients aged 12 years and older which were reported for ZYRTEC 5 and 10 mg in controlled clinical trials in the United States and that were more common with ZYRTEC than placebo.

Table 1 Adverse Experiences Reported in Patients aged 12 years and older in Placebo-Controlled United States ZYRTEC Trials (Maximum Dose of 10 mg) at Rates of 2% or Greater (Percent Incidence); ZYRTEC (N=2034) vs Placebo (N=1612) respectively: Somnolence (13.7% vs 6.3%); Fatigue (5.9% vs 2.6%); Dry Mouth (5.0% vs 2.3%); Pharyngitis (2.0% vs 1.9%); Dizziness (2.0% vs 1.2%). In addition, headache and nausea occurred in more than 2% of the patients, but were more common in placebo patients. Pediatric studies were also conducted with ZYRTEC. More than 1300 pediatric patients (6 to 11 years) with more than 900 treated with ZYRTEC at doses of 1.25 to 10 mg per day were included in controlled and uncontrolled clinical trials conducted in the United States. The duration of treatment ranged from 2 to 12 weeks. The majority of reported adverse reactions reported in pediatric patients (6 to 11 years) with ZYRTEC were mild or moderate. In placebo-controlled trials, the incidence of discontinuations due to adverse reactions in pediatric patients receiving up to ZYRTEC 10 mg was uncommon (0.4% on ZYRTEC vs. 1.0% on placebo). Table 2 lists adverse experiences which were reported for ZYRTEC 5 and 10 mg in pediatric patients (6 to 11 years) in placebo-controlled clinical trials in the United States and were more common with ZYRTEC than placebo. Of these, abdominal pain was considered treatment-related and somnolence appeared to be dose related, 1.3% in placebo, 1.9% at 5 mg and 4.2% at 10 mg.

Table 2 Adverse Experiences Reported in Pediatric Patients (6 to 11 years) in Placebo-Controlled United States ZYRTEC Trials (5 or 10 mg dose) Which Occurred at a Frequency of ≥ 2% in Either the 5 mg or the 10 mg ZYRTEC Group, and More Frequently Than in the Placebo Group. ZYRTEC 5 mg (N=161), 10 mg (N=215) vs Placebo (N=309): Headache (11.0%, 5 mg; 14.0%, 10 mg; 12.3%, placebo); Pharyngitis (6.2%, 5 mg; 2.8%, 10 mg; 2.9%, placebo); Abdominal pain (4.4%, 5 mg; 5.6%, 10 mg; 1.9%, placebo); Coughing (4.4%, 5 mg; 2.8%, 10 mg; 3.9%, placebo); Somnolence (1.9%, 5 mg; 4.2%, 10 mg; 1.3%, placebo); Diarrhea (3.1%, 5 mg; 1.9%, 10 mg; 1.3%, placebo); Epistaxis (3.7%, 5 mg; 1.9%, 10 mg; 2.9%, placebo); Bronchospasm (3.1%, 5 mg; 1.9%, 10 mg; 1.9%, placebo); Nausea (1.9%, 5 mg; 2.8%, 10 mg; 1.9%, placebo); Vomiting (2.5%, 5 mg; 2.3%, 10 mg; 1.0%, placebo). The following events were observed infrequently (less than 2%), in either 3982 adults and children 12 years and older or in 659 pediatric (6 to 11 years) patients who received ZYRTEC in U.S. trials, including an open adult study of six months duration; a causal relationship with ZYRTEC administration has not been established. **Autonomic Nervous System:** anorexia, urinary retention, flushing, increased salivation, dry mouth. **Cardiovascular:** palpitation, tachycardia, hypertension, cardiac failure. **Central and Peripheral Nervous Systems:** paresthesia, confusion, hyperkinesia, hypertonia, migraine, tremor, vertigo, leg cramps, ataxia, dysphonia, abnormal coordination, hyperesthesia, hypoesthesia, myelitis, paralysis, ptosis, twitching, visual field defect, syncope, dizziness. **Gastrointestinal:** increased appetite, dyspepsia, abdominal pain, diarrhea, flatulence, constipation, vomiting, ulcerative stomatitis, aggravated tooth caries, stomatitis, tongue discoloration, tongue edema, gastritis, rectal hemorrhage, hemorrhoids, melena, abnormal hepatic function, eructation. **Genitourinary:** polyuria, urinary tract infection, cystitis, dysuria, hematuria, micturition frequency, urinary incontinence. **Hearing and Vestibular:** earache, tinnitus, deafness, ototoxicity. **Metabolic/Nutritional:** thirst, dehydration, diabetes mellitus. **Musculoskeletal:** myalgia, arthralgia, arthrosis, arthritis, muscle weakness. **Psychiatric:** insomnia, sleep disorder, nervousness, depression, emotional lability, impaired concentration, anxiety, depersonalization, paroniria, abnormal thinking, agitation, amnesia, decreased libido, euphoria. **Respiratory System:** epistaxis, rhinitis, coughing, bronchospasm, dyspnea, upper respiratory tract infection, hyperventilation, sinusitis, increased sputum, bronchitis, pneumonia, respiratory disorder. **Reproductive:** dysmenorrhea, female breast pain, intermenstrual bleeding, leukorrhea, menorrhagia, vaginitis. **Reticuloendothelial:** lymphadenopathy. **Skin:** pruritus, rash, dry skin, urticaria, acne, dermatitis, erythematous rash, increased sweating, alopecia, angioedema, furunculosis, bullous eruption, eczema, hyperkeratosis, hypertrichosis, photosensitivity reaction, photosensitivity toxic reaction, maculopapular rash, seborrhea, purpura, skin disorder, skin nodule. **Special Senses:** taste perversion, taste loss, parosmia. **Vision:** blindness, loss of accommodation, eye pain, conjunctivitis, xerophthalmia, glaucoma, ocular hemorrhage. **Body as a Whole:** increased weight, back pain, malaise, fever, asthenia, generalized edema, periorbital edema, peripheral edema, rigors, leg edema, face edema, hot flashes, enlarged abdomen, nasal polyp, pain, pallor, chest pain, accidental injury. Occasional instances of transient, reversible hepatic transaminase elevations have occurred during cetirizine therapy. A single case of possible drug-induced hepatitis with significant transaminase elevation (500 to 1000 IU/L) and elevated bilirubin has been reported. In foreign marketing experience the following additional rare, but potential severe adverse events have been reported: hemolytic anemia, thrombocytopenia, orofacial dyskinesia, severe hypotension, anaphylaxis, hepatitis, glomerulonephritis, stillbirth, and cholestasis. **DRUG ABUSE AND DEPENDENCE** There is no information to indicate that abuse or dependency occurs with ZYRTEC. **OVERDOSAGE** Overdosage has been reported with ZYRTEC. In one adult patient who took 150 mg of ZYRTEC, the patient was somnolent but did not display any other clinical signs or abnormal blood chemistry or hematology results. In an 18-month-old pediatric patient who took an overdose of ZYRTEC (approximately 180 mg), restlessness and irritability were observed initially; this was followed by drowsiness. Should overdose occur, treatment should be symptomatic or supportive, taking into account any concomitantly ingested medications. There is no known specific antidote to ZYRTEC. ZYRTEC is not effectively removed by dialysis, and dialysis will be ineffective unless a dialyzable agent has been concomitantly ingested. The acute minimal lethal oral doses in mice and rats were 237 and 562 mg/kg, respectively (approximately 55 and 265 times the maximum recommended human daily oral dose on a mg/m^2 basis). In rodents, the target of acute toxicity was the central nervous system, and the target of multiple-dose toxicity was the liver. **DOSAGE AND ADMINISTRATION Adults and Children 12 years and older:** The recommended initial dose of ZYRTEC is 5 or 10 mg per day in adults and children 12 years and older, depending on symptom severity. Most patients in clinical trials started at 10 mg. ZYRTEC is given as a single daily dose, with or without food. The time of administration may be varied to suit individual patient needs. In patients with decreased renal function (creatinine clearance 11-31 mL/min), patients on hemodialysis (creatinine clearance less than 7 mL/min), and in hepatically impaired patients, a dose of 5 mg once daily is recommended. **Children 6 to 11 years:** The recommended initial dose of ZYRTEC in children aged 6 to 11 years is 5 or 10 mg (1 or 2 teaspoons) once daily depending on symptom severity. The time of administration may be varied to suit individual patient needs. 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Buying Guide

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fabric, "Brahms" (Linen)—available from Calico Corners; 800/213-6366. **Buttons on curtains,** "Gold Vein," 30010—JHB International, Inc., available at fabric and notion stores nationwide. **Wood pole,** 5501-12 (Unfinished .91); **brackets,** 5511E (Unfinished .91)—Kirsch, 309 N. Prospect St., Sturgis, MI 49091; for more information or a dealer near you call 800/528-1407. **All other items**—antique, discontinued, or a personal belonging.

Pages 126–127: yellow wall paint, "Hopi Squash," SW1656—Sherwin-Williams; for a store near you call 800/474-3794. **All other items**—antique, discontinued, or a personal belonging.

Page 128: duvet cover and pillows, "Vineyard Haven" (White); **pillowcases and sheet for feather bed cover,** "Oxford Stripe" (Green/White)—Wamsutta; for a retailer near you call 888/926-7888. **Feather bed inside cover**—Coming Home with Lands' End Catalog; 800/345-3696. **Curtains,** "Puebla"—HomePlace; for a store near you call 216/328-9500. **Silhouette Originale 3-inch window shading,** A2-125 (White)—Hunter Douglas Window Fashions, Customer Information Center, One Duette Way, Broomfield, CO 80020; 800/227-8953. **All other items**—antique, discontinued, or a personal belonging.

SMALL WONDER

Page 137: all windows—Andersen Windows, Inc., P.O. Box 203070, Austin, TX 78720-9752; 800/426-4261, ext. 1232; http://www.andersenwindows.com. **All paint**—The Sherwin-Williams Co.; for further information regarding paints or stains call 800/474-3794. **Columns**—Stromberg's Architectural Products, P.O. Box 8036, I-30 W, Greenville, TX 75404; 888/590-4657. **Entry door**—Peachtree Windows & Doors, P.O. Box 5700, Norcross, GA 30091; 800/477-6544; http://www.peachtree door.com. **Recessed lighting**—Progress Lighting, P.O. Box 5704, Spartanburg, SC 29304; 864/500-6000; http://www.progresslighting.com. **Door locks and hardware**—Kwikset Corp., 1 Park Plaza, Ste. 1000, Irvine, CA 92714; 800/327-5625. **Refrigerator**—Whirlpool Corp., 2000 U.S. 33 N, Benton Harbor, MI 49022; 800/253-1301; http://whirlpool.com. **Oval dresser with marble top,** from the Villadomain Collection; **starburst mirror,** from the Cashmere Collection—Century Furniture Ind.; for a dealer near you call 800/852-5552. **Solid-surface material**—Avonite, Inc., 1945 Hwy. 304, Belen, NM 87002; 800/428-6648; http://avonite.com. **Solid-surface fabrication**—Premium Surface Fabrication, Inc., 1022 Kendall Ct., Westfield, IN 46074; 317/867-1013. **Floor**—Increte Systems, Inc., 8509 Sunstate St., Tampa, FL 33643; 800/752-4626. **(*Inset*): driveway**—Increte Systems, Inc. (address above). **Roof,** Prestique (Antique Slate)—Elk Corp., 14643 Dallas Pkwy., Dallas, TX 75240-8871; 800/650-0355; http://www.elcor.com/elk/index.html. **Precast concrete architectural details**—Stone Legends, 301 Pleasant Dr., Dallas, TX 75217; 800/398-1199. **Exterior insulating finish system**—Simplex Product Div./Finestone, P.O. Box 10, Adrian, MI 49221; 800/545-2835.

Pages 138–139: carpet, "Cabello II" (Hemp)—Karastan, P.O. Box 12069, Calhoun, GA 30703; 800/234-1120; http://www.karastan.com. **(*Left*): sofa,** from the Century Concepts Collection; **Sukhothai chair; Sukhothai ottoman; chairs by window; round storage table with marble top,** from the Complements Collection; **harlequin cocktail table and metal hourglass table,** from the Cashmere Collection—Century Furniture Ind.; for a dealer near you call 800/852-5552. **Curtain fabric,** "Srinigar" (Garnet, 34)—available through designers from Covington Fabrics Corp., 15 E. 26th St., New York, NY 10010-1590; 212/689-2200. **(*Right*): hearth, fireplace surround, and precast concrete architectural details**—Stone Legends (address above). **Modular masonry fireplace**—Isokern/Earthcore Ind., 8917 Western Way, Ste. 120, Jacksonville, FL 32256; 800/842-2920. **Patio doors**—Andersen Windows, Inc. (address above). **Home entertainment system**—RCA/Thompson Consumer Electronics, 10330 N. Meridian St., Indianapolis, IN 46290; 800/336-1900; http://www.rca-electronics.com. **Sukhothai chair,** from the Complements Collection; **harlequin cocktail table,** from the Cashmere Collection—Century Furniture Ind.; for a dealer near you call 800/852-5552.

Pages 140–141 (*left*): lighting—Progress Lighting (address above). **Columns**—Stromberg Architectural Products (address above). **Carpet,** "Cabello II" (Hemp)—Karastan (address above). **Concrete floor**—Increte Systems, Inc., 8509 Sunstate St., Tampa, FL 33643; 800/752-4626. **Metal split-finger dining table,** from the Cashmere Collection; **paper roll side chairs; upholstered back paper roll armchairs,** from the Cashmere Collection—Century Furniture Ind.; for a dealer near you call 800/852-5552. **Curtain fabric,** "Srinigar" (Garnet, 34)—available through designers from Covington Fabrics Corp. (address above). **(*Top right*): cabinetry,** "Cellini"—The UltraCraft Co., P.O. Box 1249, Liberty, NC 27298; 800/262-4046. **Tile**—TileCera, 300 Arcata Blvd., Clarksville, TN 37040; 800/256-7924. **Appliances**—Whirlpool Corp. (address above). **Faucet**—American Standard, Inc., 1 Centennial Plaza, Piscataway, NJ 08855-6820; 800/223-0068. **Integral counter sink and countertops**—Avonite, Inc. (address above). **(*Bottom right*): table surfacing**—Avonite, Inc. (address above). **Lighting**—Progress Lighting (address above). **Valance fabric,** "Heritage" (Beige), 647052—Waverly; 800/423-5881. **Craftworks dinnerware, coffeepot, and carafe**—Lindt-Stymeist Designs; for a retailer near you call 510/654-0413.

Pages 142–143 (*left*): patio doors—Andersen Windows, Inc. (address above). **Carpet,** "Cabello II" (Hemp)—Karastan (address above). **Queen sleigh bed,** from the Cashmere Collection; **teardrop round metal table,** from the Cashmere Collection; **Wallis chairs,** from the Century Chair Collection—Century Furniture Ind.; for a dealer near you call 800/852-5552. **Drapery fabric,** "Pandora Vintage" (Rosewood), 662071—Waverly;

continued on page 216

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gardener's almanac

AUGUST 1997



by Craig Summers Black and Mark Kane

EDITOR'S CHOICE

A great late lily. Star Gazer is a boldly colored Oriental lily with a heap of crimson edged in white. Its 6-inch flowers unfurl in July and August, just when you start fearing that summer's heat will run your garden ragged. Star Gazer grows shorter than most late-blooming lilies, 2 to 3 feet tall instead of 3 to 4, so it doesn't have to be stuck in the back of your beds and borders. And it is highly fragrant, reward enough to venture out in the garden on even the most oppressive of summer scorchers. This lily is a great cutting flower, so you can bring the look and scent of summertime into the cool and comfort of your home. Plant them in either spring or fall, a foot or two apart—simply breathtaking.

Star Gazer blooms when many other flowers are just about done for. And it smells absolutely wonderful.

SMART GARDENING

Don't sweat the small stuff

You already know deadheading spent flowers will increase flower production, giving you more blooming bang for your buck. But how many of you give up on perennials with lots and lots of tiny little flowers? Raise your hands now. Too much work, right? Well, you don't have to snip each and every bud one by one by one. Like garden editor Mark Kane (*right*), you can take grass shears to plants like coreopsis: snip snip snip, you're done. You can even use hedge clippers if they're sharp enough and you're agile enough. Less toil, more flowers.



continued on page 100



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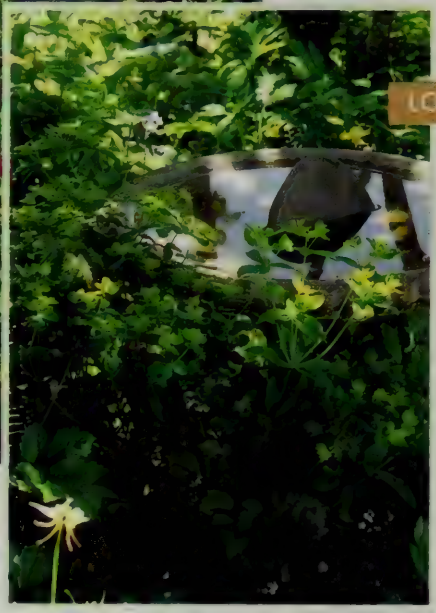
It's like buying time.

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continued from page 98



A climbing rose scales the old bell's new post. Chartreuse euphorbia and white columbine encircle the birdbath.



LOOKING GOOD

Artistic Recycling

Margaret Willoughby of Portland, Oregon, makes a practice of rescuing found objects to use as garden ornaments. The bell (*far left*) once topped an old schoolhouse, but Margaret discovered it at a garage sale. Today it provides curb appeal at her home. The birdbath (*near left*) was a castoff from another garden, and now it joins her many other avian spas.



TEST GARDEN TIP

Some Easy Steps





You don't have to build a foundation of sand and gravel when you lay down cut stepping stones. If your stones have some heft, you can just remove sod and soil to the appropriate depth and call it a day. Like so: 1) Position your stones and "outline" them with your spade. 2) Lay the stone aside, and surgically remove soil with horizontal strokes. 3) Plop the stone into the jigsaw-puzzle space you created. Make sure the stone is below mowing level.



PERFECT PAIRS

COOL COLORS The large, rose-colored, hibiscus-shaped blossoms of Ruby Regis lavatera rest before a backdrop of the little silver-leaved herb German statice (*Goniolimon tataricum*). The colors are cooling, the forms contrasting, the textures complementary.

EDITOR'S CHOICE LILY Are you interested in adding the Star Gazer lily to your landscape? Our readers may purchase a special **Star Gazer Collection** of 12 bulbs that will be shipped at the proper time for planting this fall (beginning about September 15, 1997). Each collection costs $24.95, which includes shipping, handling, and applicable sales tax. **TO ORDER** with your Mastercard, Visa, or American Express card, call 800/881-4066. To order by mail, send a note indicating how many collections you wish to purchase along with a check or money order for the correct amount to *Better Homes and Gardens*® Reader Shopping Service, Dept. 9708, Box 9128, Des Moines, IA 50306-9128.

Buying information, page 42

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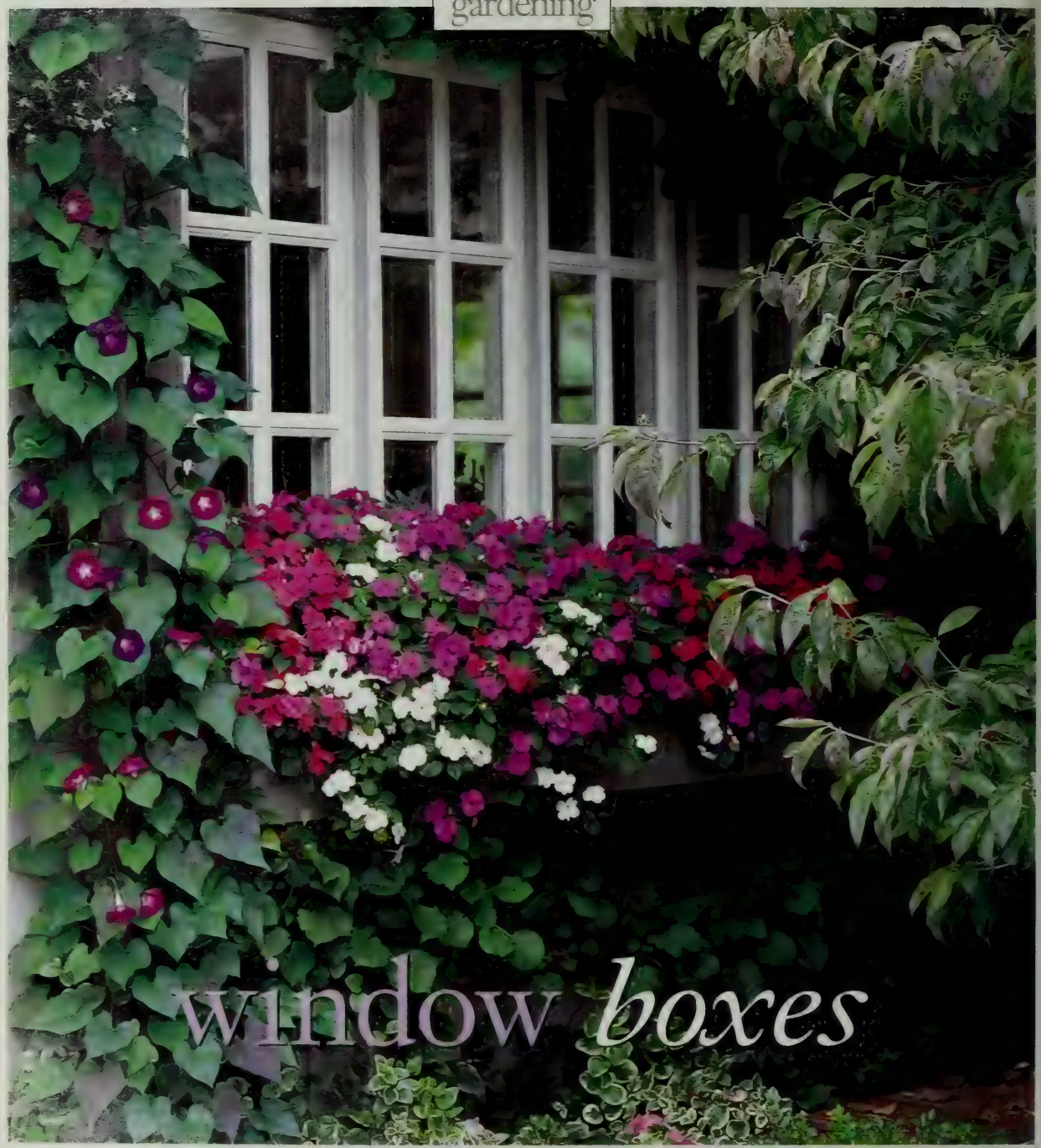
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window boxes

by Craig Summers Black

Your world view becomes ever so much more colorful when you frame it with a window box. And the world will look at you with a cheerier disposition as well. Flower boxes are like little gardens in and of themselves. It's just that they sit perched on a windowsill. This is a high-profile position for landscaping, a placement that in the front yard sometimes literally stops traffic. When you decide to put flowers front and center like this, you want them to look just so.

continued on page 104

PHOTOGRAPH: WILLIAM STITES REGIONAL CONTRIBUTOR: ESTELLE BOND GURALNICK

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When your color's on the line.

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window *boxes*

continued from page 102

Decisions need to be made even before you start thinking about plants. First you need to pick out your window boxes. Make sure they are in keeping with the character of the house because you don't want them to clash. And you don't want the window boxes too ornate. They'll fight with your flowers.

WEIGHTY MATTERS: Planter boxes can get heavy—exceedingly so when all that soil gets wet after even a short downpour. You want the box to be deep and wide so it doesn't dry quickly, but larger dimensions mean more heft. Make sure your box is bolted securely to the house or window frame, as is this newly planted Iowa container (*right*), or provide sturdy support under the box. *To order plans to build this window box, see page 109*



PHOTOGRAPH: MARK KANE



PHOTOGRAPH: ERIC ROTH REGIONAL CONTRIBUTOR: ESTELLE BOND GURALNICK

SHOWERS: Plants that soften the box by trailing, cascading, or spilling over make a fountain of flowers, tossing blossoms up into the air and toward the walkway below, as outside this Northeastern window. Lobelia (*left*, blue) is a standard front-of-the-box flower, but vinca, alyssum, ivy, and other vines perform the same function. Some annuals, such as petunias (*left*, dark pink), have trailing varieties. Fuchsias, too, have a nice arc to them.

continued on page 106

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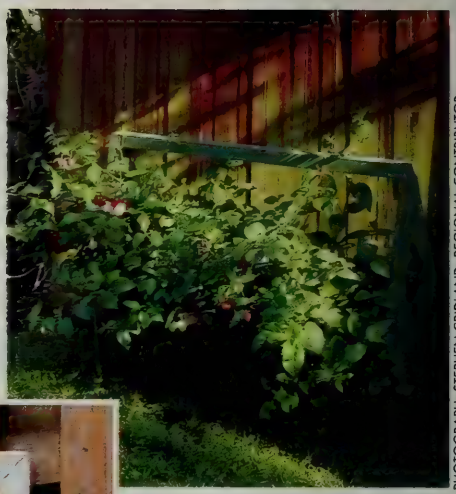
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window *boxes*

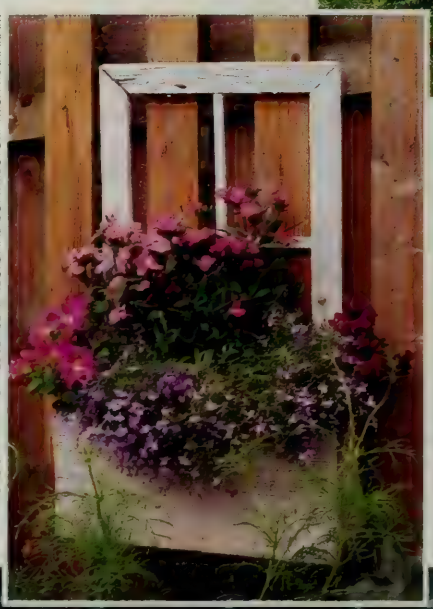
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Window boxes are exposed, so don't plan on any too-tall plantings that will get battered by the wind. If you are putting the box in a really sunny spot, make sure to plant posies with camel-like qualities or you will be forever watering. If you are planting in shade, remember that sunlight will bounce off pavement and other hard surfaces, so you may not have to limit your box to impatiens. An aside: Vegetables work just fine in boxes, too.



PHOTOGRAPH: STEPHEN CRIDLAND. REGIONAL CONTRIBUTOR: CATHERINE BRADLEY

A MOVABLE BOX: A Portland, Oregon, gardener likes to tote her planter box around with her in the garden. When she breaks for tea, has friends over, or just puts her feet up, these fuchsias can put color up close where before there was none.



PHOTOGRAPH: MICHAEL JENSEN. REGIONAL CONTRIBUTOR: TRISH MAHARAM

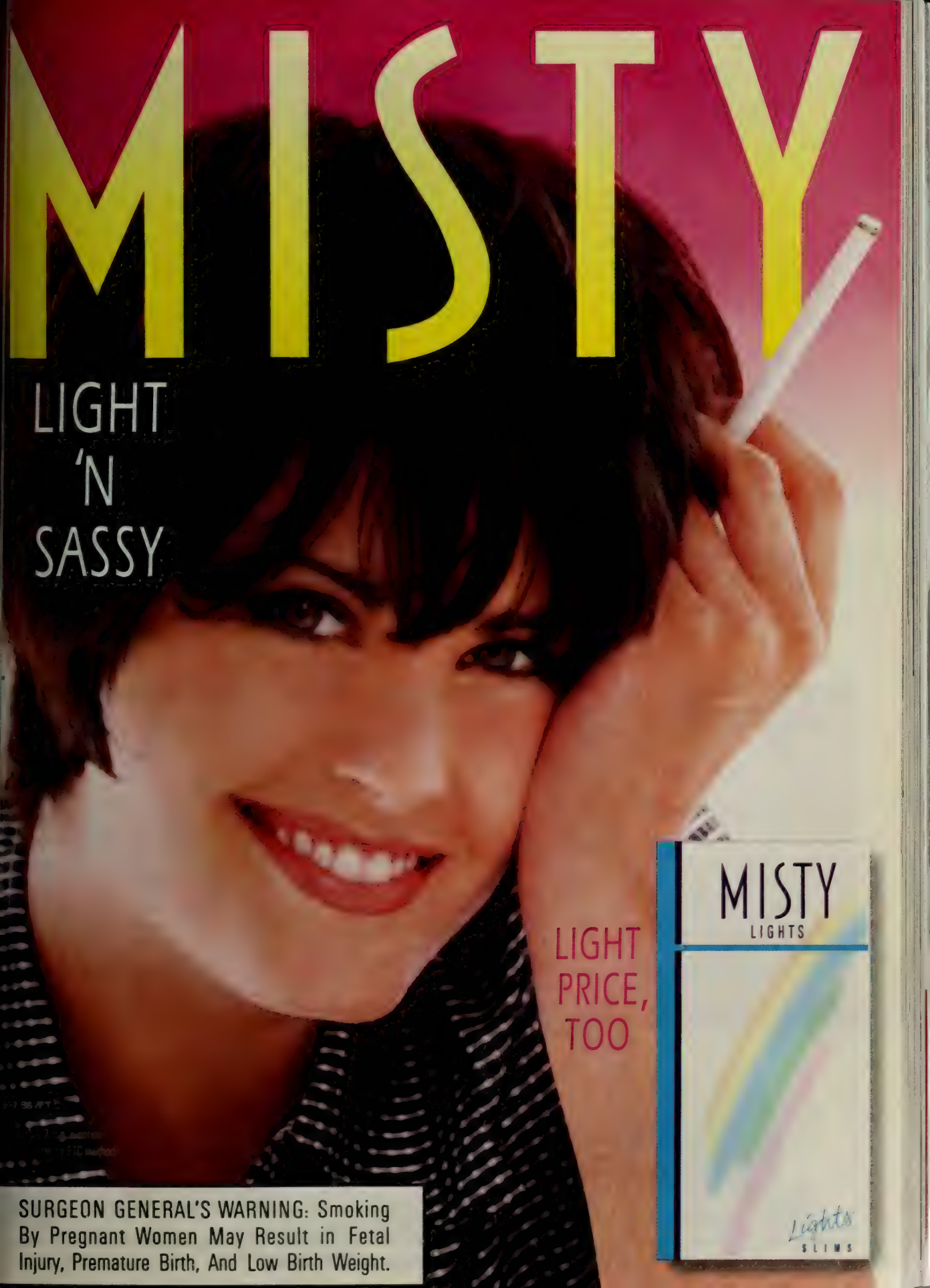
NO PANE: Ed Moger of Seattle made these boxes and faux windows to hang on the garden fence. "I just love them because they can be moved all around," says his wife, Candy. "I usually plant them in the very early spring, then replant again with summer blooms, and again with fall colors. We like to give them as housewarming gifts, too."



PHOTOGRAPH: ERIC ROTH. REGIONAL CONTRIBUTOR: ESTELLE BOND GURALNICK

KIND CUTS: Although this Massachusetts window box is packed with color, it frames the view; it doesn't obstruct it. Geraniums, petunias, silver-leaved dusty miller, and yellow lantana arc casually below sight lines. Annuals can be pinched at planting time to encourage them to grow full and stocky, rather than long and lanky. Deadheading (pinching or cutting off bygone flower buds) will encourage flower production. If you plant nasturtiums, you will need to prune throughout the season, removing yellowed leaves.

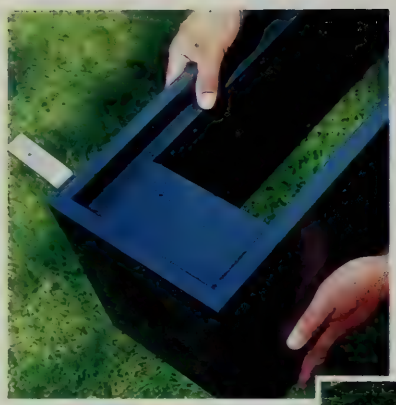
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window *boxes*

continued from page 106

You can build your own window box, and here's a way to lighten its load and preserve your home. A bottomless box can hold planting trays. You can't tell the difference from the garden, especially as the plants mature. You'll need to water more often, but you won't have problems with rotting wood. Also, you can plant extra trays and zip them in and out of the box to change your window or to dress it up with bloomier plants when company's coming.



BOTTOMLESS: This simple box is little more than a frame with a lip to hold plastic planting trays. The metal tabs screw into the windowsill. Most window boxes are built to hang away from the house to avoid wood rot. But this box, because of its waterproof trays with drain holes, rests flush against the house.



FORM FITTING: After planting the trays, just slip them side by side in the opening. Two trays can be used without any crosspiece for support, since the lip rests on three shoulders. If you plan to use three planting trays in your box, cut holes for each tray, leaving just enough support between them to allow trays to lie lip to lip.



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PHOTOGRAPHS: MARK KANE AND CRAIG SUMMERS BLACK

CARE: Watering your window box is especially important the first week or two. You will probably have to water daily until the young plants establish themselves. Water gently in the cool of the morning so plants have a chance to soak up moisture before the afternoon sun makes it evaporate. Soak the dirt in the pots, leaving the flowers dry.

WINDOW BOX PLANS OFFER

You can build two of the **Window Boxes** in this story from our easy-to-use project plan. Instructions are included for both the Picket Fence box, *page 104,* or the Country box, *left.* Both boxes are about 10×10×44 inches long. The professionally drawn blueprint is available only from *Better Homes and Gardens®* magazine (not sold in stores). The plan contains photos of the finished window boxes, a list of materials, construction diagrams, full-size patterns for curved and shaped parts, and clearly written instructions. The plan costs $12.95, which includes shipping, handling, and applicable sales tax.

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Gate Arbor

You can build the **Gate Arbor** shown on *page 117* from our easy-to-use project plan. The structure measures 42 inches wide, 38½ inches deep, and 96 inches high. The professionally drawn blueprint is available only from *Better Homes and Gardens®* magazine (not sold in stores) and contains a photo of the finished project, a complete list of materials, detailed construction diagrams, and clearly written instructions to take you step by step through the project. The plan costs $12.95, which includes all shipping and handling charges plus applicable sales tax.

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{ The life story of two shirts }



They started out exactly the same. Identical cotton shirts. Beloved delicates. Then their lives dramatically changed. The one on the left was put into the gentle cycle thirty times with a leading regular powder detergent. The one on the right was washed just as many times in the gentle cycle, safely and gently with Ivory Snow® powder. When you're treated with the utmost of care and respect, it obviously shows.

Safe care for the things you love to wear.



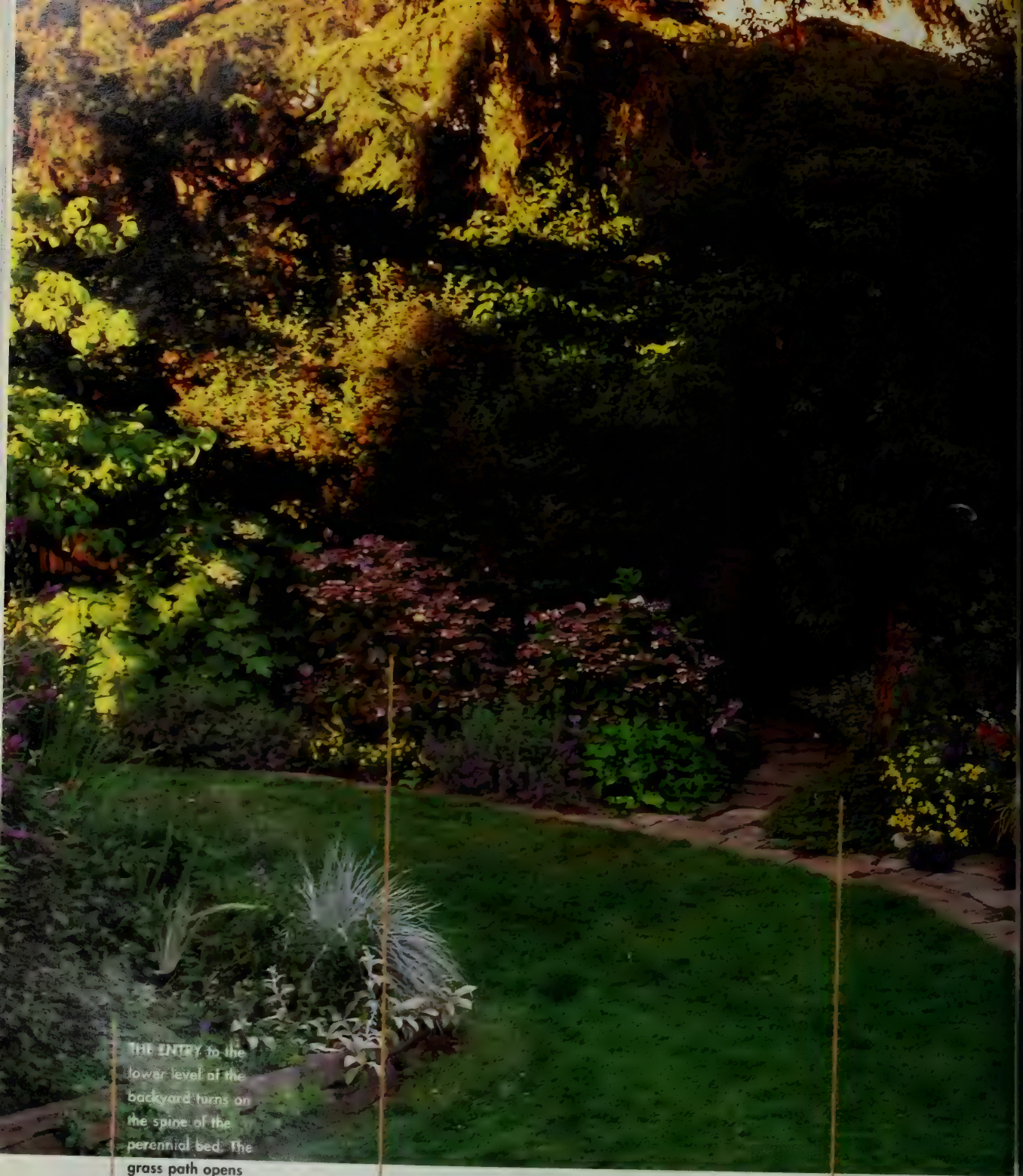
© P&G 1997

by Craig Summers Black

Setting Her Sites



Imagine turning every gardener's problem spot—the long, narrow side yard—into your landscaping centerpiece. Susan Rohwer actually reinforced the "alley" aspect of her side yard, and turned it into the spine of a dramatic turn-around border garden.

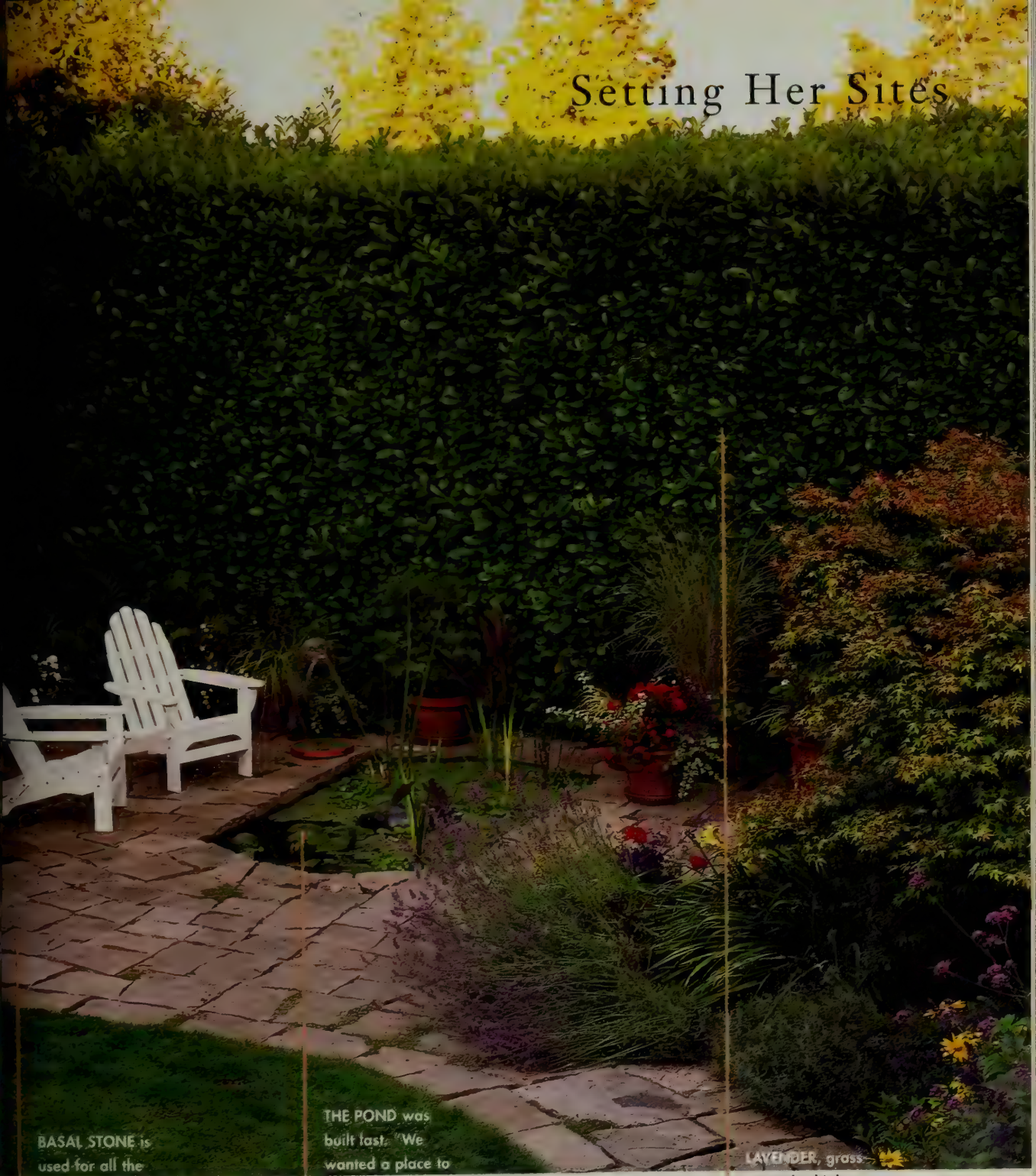


THE ENTRY to the lower level of the backyard turns on the spine of the perennial bed. The grass path opens to a level playing field. "Most of the colors in my garden are to the blue side," says Susan. "One of my passions is working with color in the garden."

CHANGING HUES: "I started with a lot of soft pinks and blues and purples, but I've really developed a fondness for bright colors. It's nice to change things around, not be precious. I never think anything I do is permanent. Many people I know are so intense about putting things in the right place they lose the fun of it."

BRIGHT AND BOLD: Says Susan, "I am moving toward colors that will go with yellow and purple and white—like some of the bolder pinks and blue-reds."

Setting Her Sites



BASAL STONE is used for all the paths, patios, and walls. "Once we decided on a medium to work in, we used it everywhere to tie all the elements together. We even edged the perennial borders with it."

THE POND was built last. "We wanted a place to get out of the afternoon sun and enjoy the end of the day in the shade. We also use it for entertaining ourselves and for morning coffee when the sun first comes up."

LAVENDER, grasses, and a high hedge surround the pond. "It's an area of tranquility, and we've all found it to be like a magnet. Like sitting around a fire, you just stare into it and get lost."



WISTERIA shades the multilevel backyard deck and frames views of Puget Sound. Potted geraniums, African daisies, Swan River daisies, and lobelias populate the expansive entertaining area.

THREE CLIMBERS entwine an arbor and each other. Ivory *Clematis Henryi*, pink-and-yellow Heckrottii honeysuckle, and—barely visible—yellow Hall's Japanese honeysuckle cover classic white lath.

THIS ARBOR, the poolside exit to the garage, bookends the garden, echoing the entry arbor. Here, red Dublin Bay roses take center stage between a Japanese maple and the mock orange.



Setting Her Sites

Although blessed with a double lot, Susan faced many challenges in her Seattle garden. The yard was neglected, with several overgrown and out-of-scale rhododendrons. Most of the flowers that were planted were a jumble, not grouped according to cultural needs or in much of any other fashion either. "I removed a lot and have gone through many stages," says Susan. "I worked on the perennials beds first because we were renovating as we could afford it. I'm glad I waited on the architectural aspects because it took time to figure out where things really belonged."

To order plans for this arbor, see page 110
Buying information, page 42

Setting Her Sites

Susan's grand sweep of a landscape descends from her shallow front yard down the south side of her house. The long sunny border flows down to the formal pond, although a casual path makes a shortcut to the lush expanse of lawn. More garden and more color continue to wrap around the house and decks, but visitors tend to end up sitting pondside, detoured by the site's centerpiece. Says Susan, "It's probably the area in our yard that we enjoy most."



GOLD ASIAN pears and black-eyed Susans brighten the entrance to the garden. "The trees are seven years old, but they started fruiting the year after we bought them."

Garden Plan



Recipe for relaxation:

1. Plug in your blender.
2. Add 2 cups milk, 1 cup softened ice cream, and
cup ***General Foods International Coffees****. Cover and blend.*
3. Unplug yourself.

Makes two (12-ounce) servings.



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THE HOME DEPOT

WEEKEND DECORATING

by Rebecca Jerdee and Sharon Overton

When the Stites family decided it was time to take a new tack on their '50s-style Florida home, they didn't spend a lot of money or even tons of time. Their simple, hands-on projects—any one of which can be completed in a weekend—filled their home with island-inspired color and ideas as fresh as ocean breezes. You can easily adapt these ideas to lighten up the landlocked rooms in your own home.





A painted backsplash and sea colors make waves on the informal buffet (*above*). *Right*, Bill and Sara Stites with daughters Theo, 15, and Chloe, 10, and canine pal Allegra.



Weekend Decorating

It doesn't have to take months of planning to get your home shipshape. Do as Bill and Sara do, and dive right in. "We'll suddenly get an inspiration to change something and work on it using what's at hand," Sara says. If seat-of-the-pants decorating isn't your style, make a list of materials you'll need and shop the night before.

Swab the deck. To put the wind back in your decorating sails, try this painted floor pick-up. Prepare the surface by scraping loose paint, then brushing or rolling on a wood primer or concrete sealer. Paint the entire floor a light base color. (Note: Your local paint store staff can advise you on products and preparation for your floor type.) For painting ease, screw an extension rod onto a roller. To create the checkerboard pattern the easy way, cut a template from plywood or hardboard. (The Stiteses used an 18-inch square; your size may vary depending on the area to be covered.) Center the design on the floor. Trace around the template, then move it to the next position, using a stretched piece of string or straight lumber as a guide. Outline darker squares with a 2-inch foam brush, then fill in with the roller. Paint freehand shell shapes at random intersections, or use the pattern on *page 130*. Finish with three coats of polyurethane.


Floor Detail

Tile a table. To update an old coffee table, Bill and Sara laid 3- and 12-inch tiles in a snappy diagonal pattern. To make the tiles fit your table, you may need to rent a tile cutter. A mitered, L-shaped wood trim provides the finished edge. For complete instructions, see *page 130*.


Table Detail







Curtain Detail

With the Atlantic Ocean practically lapping at their back door, Bill and Sara didn't lack for gorgeous views. The problem: Stark '50s architecture provided a less-than-ideal framework for all that natural beauty. Here's how they softened the focus:

Hoist a sail. Hanging simple tab curtains made of natural-colored canvas gives dimension and softness to a wall of unadorned jalousie windows. The cotton fabric, also known as sailcloth, frames the boxy windows without blocking the view or the warm Florida sun. Fake tortoiseshell buttons fasten the tabs over an unpainted wooden rod. For curtain how-to, see *page 130*.

Give 'em the slip. To balance the lush tropical hues outdoors, Bill and Sara chose a serene color scheme of white, soft greens, and wood tones in the living room. Slipcovers made from crisp white cotton and awning-striped fabric brighten the room and protect the upholstery underneath from stains and sun-fading.

Gather the family. A folding screen of family photos provides a focal point behind the sofa. Bill and Sara used custom enlargements of family photos. But you could create a dramatic effect with purchased decorative prints. (Screen how-to, *page 130*.)







Paint is one of the quickest—and least expensive—ways to lift a room's spirits. In the dining room, Bill and Sara raised the emotional temperature by painting the white walls a sunny summer-squash yellow. For more paint perk-ups, read on.



Tabletop Detail

Add spice to a cupboard. Bill and Sara used colorful wood dyes to perk up an unfinished cabinet (*left*) without hiding the grain. To get the color you want, some dyes can be mixed for a virtually unlimited palette. By adding solvents according to product directions, you can control the hue's intensity—from semitransparent to nearly opaque.

Finger-paint a table. This table looks like a work of art, but creating it is more like child's play. Sand and prime the top of a finished or unfinished table, then add two coats of gloss white oil-based marine paint. Follow with a coat of deep blue paint. While wet, smear the paint with a rag dampened with mineral spirits. Then use your fingernail or a stylus to scratch in words or designs. Finish with polyurethane.

Update a lamp. Sara added new sparkle to a pair of whimsical lamps by painting a wave design on discount-store fabric shades.



before




Shade Detail

Find a focus. A hinged screen made of old wooden doors creates an eye-grabbing focal point for this iron bed. The doors were bought at an architectural salvage yard for $1 each, sandblasted, and left unfinished for a natural look.

Soften the view. A light-filtering window shade adds privacy; side panels of nightgown-sheer fabric add softness.

Feather your nest. For an extra layer of luxury, stitch this feather bed cover from two sheets. How-to, *page 134.*


before

Buying information, page 42





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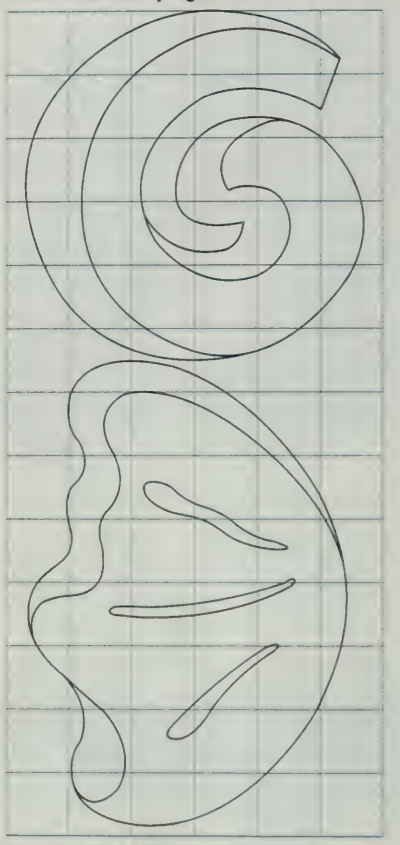


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Weekend Decorating

continued from page 128

Floor Pattern, page 122



ONE SQUARE = 1/2 INCH

Trace the shapes *above* onto the checkerboard-painted floor at random spots where the squares meet. Or paint them freehand.

Tiled Coffee Table, page 122

Sand the tabletop and aprons to remove old finish. We mitered L-shaped wood trim and nailed it around the top perimeter. Refer to the diagram (*below right*) to help you understand how the wood trim is used as a divider between the tiles on the top of the table and those covering the aprons. Tables differ, so you may have to adapt this system to fit your needs. You could choose to eliminate the wood trim and butt the tile edges; or tile the tabletop only.

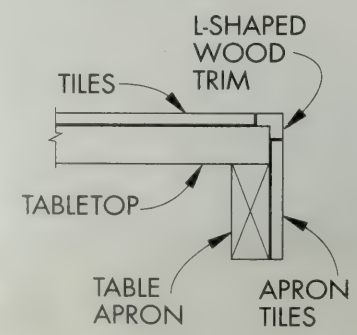
Brush on two coats of tile adhesive primer to seal the wood surfaces you're going to tile. After the primer dries, lay your tiles on the tabletop in a pleasing arrangement. We mixed 3-inch and 12-inch square tiles in a



diagonal composition, as shown in the diagram (*above*). When you are satisfied with the design, trim the tiles to shape. Most tile supply stores rent tile cutters. Leave evenly spaced gaps between tiles for the grout. (We used ⅛-inch grout lines.)

Remove the tiles, then spread tile adhesive with a notched spreader. (Your tile supplier will help select the right spreader for the job.) Set each tile into the adhesive with a slight twisting motion to make sure it is firmly seated. Use the same techniques to tile the table aprons.

When the adhesive is dry, mix the grout and press it firmly into all the spaces with a grout float (an inexpensive tool from your tile supplier). Clean the grout off the face of the tiles with a damp sponge, rinsing it often in clear water. Buff the hazy residue off the tiles with a clean cloth. After it dries, apply a waterproof sealer to the grout. If desired,



paint the table's exposed wooden parts with gloss enamel paint.

Loop Tab Curtain Panel, page 125

Materials: 2⅔ yards of 54-inch-wide natural canvas fabric; five 1-inch tortoiseshell-look buttons; matching thread; 2 drapery weights, if desired.

Finished size: Approximately 49 inches wide by 80 inches long. Unless otherwise stated, sew with right sides together using ½-inch seam allowances.

Cutting: For each panel, cut an 85½-inch length of fabric. For facing, cut a 3-inch strip the width of the fabric. For tabs, cut three 1¼-inch strips the width of the fabric.

Panel: Trim selvages. Along each long side, turn under 1 inch. Turn under 1 inch again; stitch close to fold. For lower hem, turn under ½ inch, then 5 inches. Sew in place.

Loop Tabs: Cut five 19-inch-long pieces of the 1¼-inch strips. Turn under ¼ inch on each long side. Fold in half, matching folded edges; topstitch close to folded edges. Fold strip in half lengthwise with raw edges even and topstitched edges butted together laying flat. Measuring down 1¾ inch from fold point, sew across strip several times, forming a loop end on tab. On right side of panel top with raw edges even, pin loop tabs across top with one at each end and remaining three tabs evenly spaced between them.

Facing: Measure panel top; add 2 inches. Trim facing to this length. Fold under 1 inch on short ends; stitch. Fold under ½ inch on one long edge; press. Pin facing raw edge to panel top over loop tabs; stitch. Fold facing to wrong side, sew along folded edge. Topstitch near top edge.

Finishing: Sew button to panel front for each loop tab, centering button between stitching lines. If desired, sew drapery weight to inside of lower hem on each side.

Photo Screen, page 125

We made our own screen using the following directions. Another option

continued on page 134

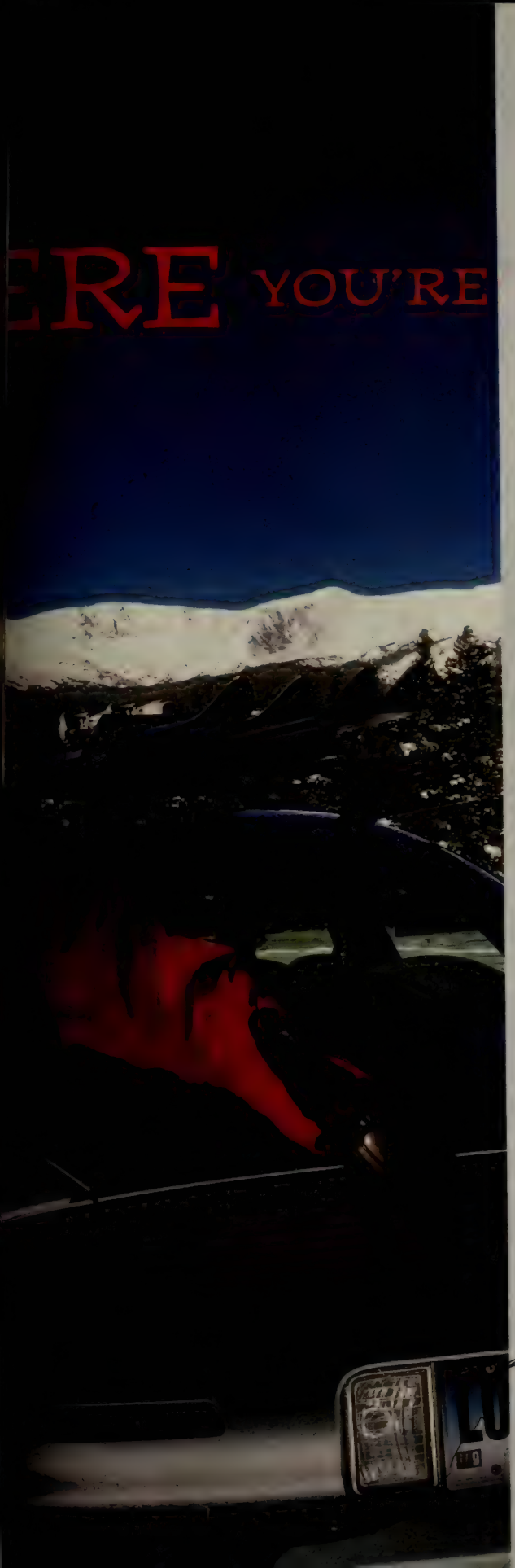


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Weekend Decorating

continued from page 130

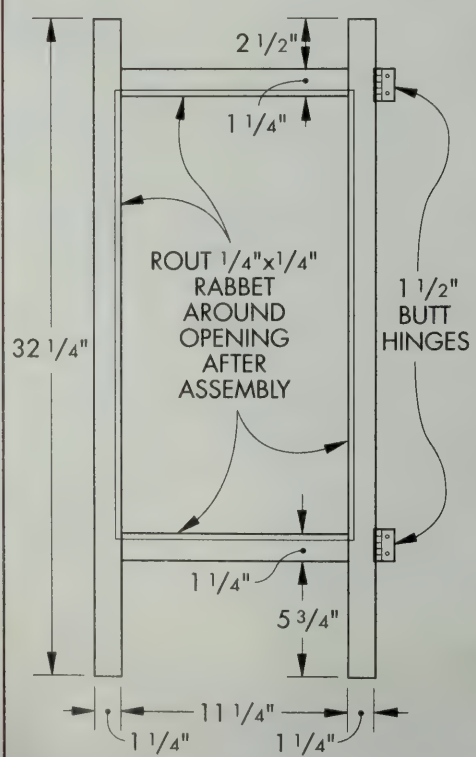
is to hinge ready-made door panels and adhere the photographs to them. For our screen, rip 40 lineal feet of 1×2 pine lumber to 1¼ inches wide. For quick assembly, use 8d (2½-inch) finishing nails. Predrill holes through the uprights to prevent splitting. Then use a nail set to sink the heads slightly below the wood surface. Assemble frames on a flat table to prevent them from twisting, and check for square.

Use a rabbeting bit in your router to form the ¼×¼-inch rabbet for the picture. To prevent tearing out the wood, move your router counterclockwise around the opening. Make the first pass ⅛ inch deep, then lower the router bit another ⅛ inch for the second pass to final depth.

Fill countersunk nail holes with wood putty, sand smooth, and then apply finish coats. We used three coats of Deft Semi-Gloss Clear Wood Finish.

Screw loose-pin, 1½-inch butt hinges to the edges of the frames. Note in the photograph (*page 124*) that some hinges are mounted with the pins to the front of the frame; others have pins facing the rear. This allows you to set up the frames in zigzag fashion.

Have a framing shop dry-mount photos to foam-core board, then spray with a protective finish so you don't have to use glass. Install the photos into the rabbets of the frames with brads or glazier's push points.



Feather Bed Cover, page 128

Materials: Two full flat sheets or 5¼ yards 90-inch-wide or 11 yards 45-inch-wide striped fabric; 16 yards ¼-inch purchased piping; 6 inches ¾-inch-wide hook and loop tape.

Finished size: Approximately 60 inches wide by 80 inches long. Unless otherwise stated, sew with right sides together using ½-inch seam allowances.

Cutting: For cover front, cut fabric 61 inches wide by 81 inches long, piecing if necessary. For cover back, cut top piece 13 inches long by 61 inches wide and bottom 74½ inches long by 61 inches wide. For box style sides, cut enough 3-inch-wide strips crosswise on fabric to equal at least 280 inches plus seam allowances.

Assembly: On one long edge of back top, turn under ½ inch, then 2 inches; stitch. On one 61-inch edge of back bottom, turn under ½ inch, then 2 inches; stitch. Lay back top and bottom right sides up with top hem edge overlapping bottom hem edge. Make sure the side measurement is 81 inches; baste overlap. Using zipper foot and rounding corners slightly, sew piping to cover front along ½-inch seam line, clipping corners. Sew piping to cover back. Using zipper foot, sew boxing strip to cover front. Mark centers on top, bottom, and sides of cover front, back, and boxing strip. Match centers; stitch. Stitch three 2-inch pieces of hook and loop tape to overlap.



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Small Wonder

A little house that lives large

by Steven Mumford and Joseph Boehm

For some, trophy homes and mini mansions are all the rage, but, old-fashioned as it may sound, we still believe that good things come in small packages. C'mon in. We'll show you the biggest small house you've ever seen.

Built in cooperation with Shamrock Builders, Indianapolis, Indiana, and the Portland Cement Association.



Small Wonder

Measuring just 1,830 square feet, this custom-built bundle of wonders proves that "more" isn't just the product of length times width. Size up the design with a careful eye and you'll see the techniques we used to make a smaller space live big.

First, we pumped up the volume with 17-foot-high vaulted ceilings to ease the squeeze. Then, we stretched the space horizontally by keeping all of the main living areas connected and open to one another. Finally, we added large, private patios in back for extra living space outdoors.

These aren't just tricks to fool the eye. By using the space economically we managed to fit in all of the basics—a full-service kitchen, a formal dining room, and a generous great-room—plus some unexpected surprises like a mud room and a sunny breakfast nook.



Hidden surprises abound. Underfoot a radiant-floor heating system will keep your toes toasty on cool days. And the exterior walls were built with an advanced insulated concrete wall system. **(See *page 144* for further details.)**

Large windows keep the house attuned to its natural wooded surroundings. Transoms take advantage of the vertical spaces (*left*) while banks of French doors off the living room and master suite (*below*) offer access to large private patios. *To order plans, see page 96*

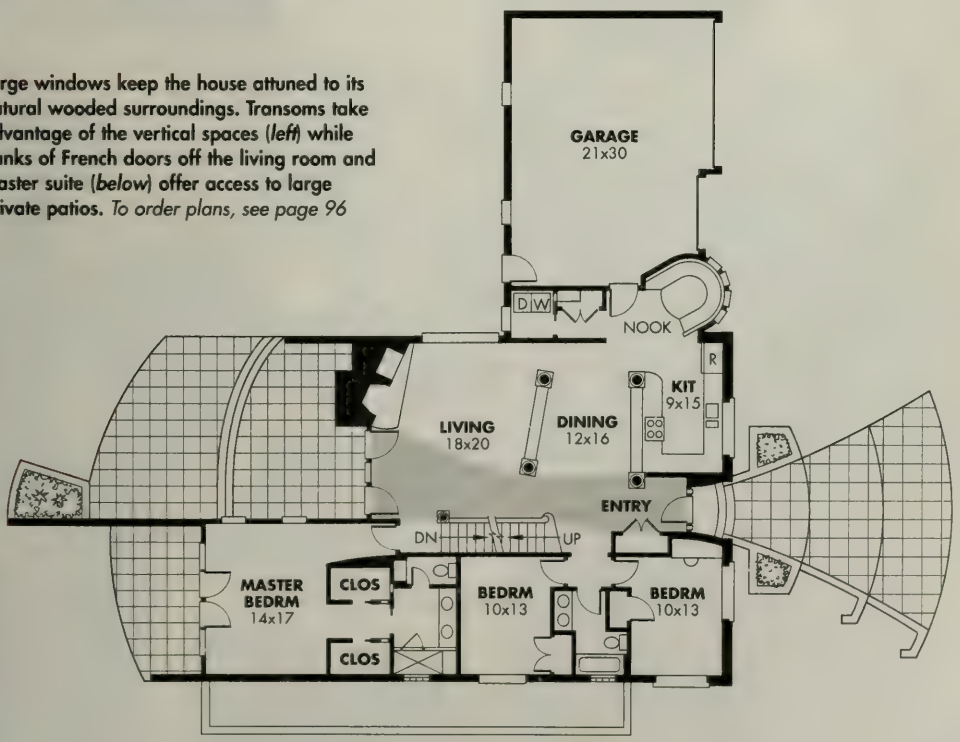


ILLUSTRATION: CARSON ODE







Sunlight spills into the kitchen from the window above the sink while light maple cabinetry and the rosy hues of the ceramic floor tiles help make the room feel warm and cozy. There's room for two to cook together, and maintenance is a cinch with convenient features such as solid-surface countertops, a full-height backsplash, and an integral counter sink.

Eliminating rooms is the easiest way to reallocate space in smaller houses, and the formal dining room is often the first to go. But this plan makes no such sacrifice—serving up areas for both formal and informal dining.

To create an elegant and formal dining room in the middle of this open floor plan, architect Duo Dickinson designed an overhead structure to set the room's boundaries without walling it in. Step under the arched structure and you know you've entered a special space. A change in floor surfaces, from stained concrete to wool carpet, aids the transition.

Half walls also help set the dining room apart from the living room and kitchen. Between the dining room and kitchen, the wall steps up to form a tall counter that can be used to shuttle food back and forth between the rooms. On the kitchen side (*top*), it features built-in appliance garages that provide extra countertop storage.



Adjoining the kitchen is a cozy nook that takes up little floor area but is designed to comfortably seat six. The egg-shaped table is clad with solid-surface material that matches the countertops, and a curved bank of tall casement windows ushers in daylight.



Small Wonder

Open living areas aside, this house isn't without private retreats. The master bedroom, for example, is practically a house within a house. Here, as in the main living spaces, tall windows with transoms, high ceilings, and easy access to the outdoors maximize the room's spacious feel.

Swing open the French doors and you'll find yourself on the master suite's private patio. It's a perfect place to jump-start the morning with a breath of summer-fresh air, or to wrap up the day as the sun and temperatures begin to fall.

Since few people make whirlpool baths a part of their daily routine, we washed convention down the drain and built a luxurious shower instead of a tub. The shower features a seat, a conventional massaging shower head, a personal hand-held sprayer, and four body jets that shoot soothing water from the sides. (There's a tub in the second bath for die-hard soakers.)



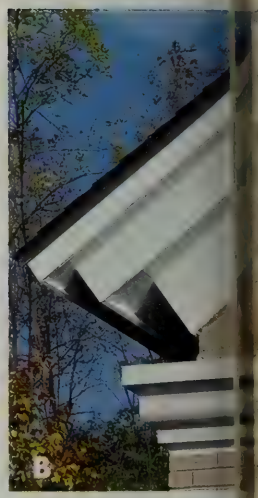


Using built-in furniture is another way to save space. In the guest bedroom (*above*) we chose a modular system that includes a fold-down wall bed. The room can be quickly converted into a home office.

Vanities in the master bath are set at 36 inches instead of the standard 30-inch height so you'll never have to stoop over the sink. We also chose under-mount sinks for their good looks and easy maintenance.

Small Wonder











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B) We used precast concrete architectural details, such as this exterior molding, to add custom touches to the home's classical architecture both inside and out.

C) Concrete was also used to mimic natural materials such as slate patio floors and the stone retaining walls. The floors were poured in place, then stamped with a pattern. After they dried, a penetrating chemical tint was added to match the color of the roof.

D) The thick wall system makes for 10-inch-deep window sills that can be used as shelves or plant ledges.

E) Inside, the entry floors are stained concrete. Underneath, a radiant-floor heating system chases off the chill.

Project contributors:

Cabinetry: UltraCraft. **Windows:** Andersen Windows. **Furniture:** Century. **Solid-Surface Material:** Avonite. **Appliances:** Whirlpool. **Tile:** TileCera. **Plumbing Supplies:** American Standard. **Radiant-Floor Heating:** HeatWay. **Entry Doors:** Peachtree. **Lighting:** Progress Lighting. **Carpet:** Karastan. **Built-In Furniture:** Techline. **Paint:** Sherwin-Williams. **Columns:** Stromberg's Architectural Products. **Roof:** Elk Corp. **Exterior Finish System:** Finestone.

Concrete product contributors:

Concrete: Indiana Ready Mixed Association/Portland Cement Association. **Precast Architectural Details:** Stone Legends. **Modular Masonry Fireplace:** Isokern. **Decorative Concrete Walls and Floors:** Increte Systems, Inc.

Buying information, page 96

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your Favorite Ranch

by William L. Nolan



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For our 75th anniversary, we invited homeowners such as Bob and Donna Hastings (*above*) of Lynchburg, Ohio, to describe how they've adapted Plan #2001 for the way they live today. Little did we know how much this clean-lined, modest-size ranch has meant to these families over the years.



Bob helped his parents build this house (shown here sporting its fresh new face) on the family homestead—an Ohio farm that has been in his family for 150 years.



Adding traditional-style millwork updated the living room and created an air of gracious formality. New trim on the arched built-ins and new crown molding on the ceiling echo classic details on the mantel.

After Bob's mother died in 1994, the Hastings decided to make the house their own dream home. "We wanted to honor the traditions and memories of the past while adding space, convenience, and amenities for the way we live now," says Donna. They made only minor changes on the exterior: they added a gable-roofed entry porch and a new driveway and brick walk.

To give the floor plan extra stretch (*below*), they moved a few walls, expanded the garage wing, and turned the screened porch into a sunroom. This yielded an informal living area, a more efficient kitchen layout, and a more private master suite. "We enjoy having the whole family come to visit," says Donna, "and the added space gives us all plenty of elbowroom."




IRELAND: PRESENCES



Big windows at one end of the sunroom overlook the front drive and part of the Hastings' horse pasture. This space and the adjoining living room now provide ample seating for the whole clan.

A grand new sunroom measuring 28 by 15 feet replaced the old screened porch. Fond memories of family get-togethers on the porch prompted Bob and Donna to preserve the porchlike feel in the new space. Banks of double-hung windows line the outside walls, scooping in hay-scented breezes and wide-angle views of the pastures and fields beyond. One end of the room houses an informal sitting area (*above*); the other provides a sunny, spacious spot for family dining (*opposite, top*). Furniture and area rugs define the two halves of the room, while hardwood planks underfoot merge them into a single, crowd-pleasing retreat. Removing one of the interior walls lets the open feel flow into the kitchen (*opposite, bottom*), and a French door provides direct access to the rear veranda.

A farmhouse kitchen or a window-lined porch? The Hastings' new sunroom is both. Wraparound views the family enjoyed on the old porch now lend a pastoral backdrop for big family dinners.

Favorite Ranch



Bob and Donna redid the old kitchen (*inset*) by moving the refrigerator to the inside wall, installing new cabinets throughout, and adding a snack bar at one end.





Favorite Ranch

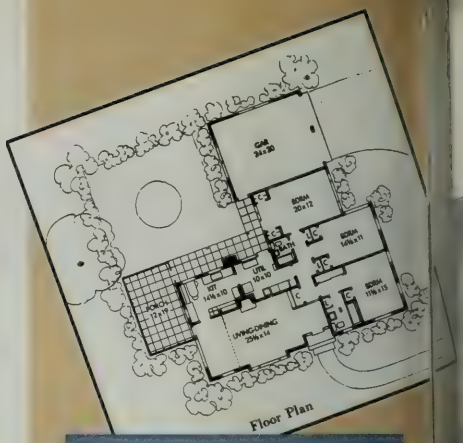


A French door links the new sunroom with the rear veranda. Brick pavers set in a herringbone pattern add warmth and texture to the veranda and continue as a curvy brick path that skirts the lily pond.

Out back, the original veranda still offers a cool, shady spot to savor the sights and sounds of the farmyard and the fields. "This has always been a favorite gathering place in the summer," says Donna. New landscaping ties in with the rural setting: a rock-lined lily pond, clumps of wild grasses, and a meandering brick path. Brick pavers and new columns accentuate the veranda's old-fashioned country-style hospitality.

While they were at it, Bob and Donna upgraded the home's mechanical systems and improved its energy efficiency. They installed a new gas furnace and central air conditioning, and they replaced all the original windows with new, low-E double-hung units. Through it all, they also snapped "befores" and "durings"—just in case we might someday do a feature on one of these homes again. Needless to say, we're so glad they kept their camera handy!

Buying guide information page, 216





The 2001 House Plan

If this house looks familiar, it's because thousands of Americans chose it as their favorite ranch—and made it our all-time best-selling home plan.

To find out how well this plan has stood the test of time, we asked the readers who own these homes to get in touch with us. The response bowled us over: heart-tugging letters and photo-album snapshots poured in from several hundred proud "2001" families. (For a sampling of what we received, see *page 154.*) Reading all those letters and getting to know the wonderful folks who live in America's favorite ranch not only warmed our hearts; it gave us a new appreciation of what makes a house a home. None summed it up better than Bob and Donna Hastings, whose own freshly updated ranch appears on these pages: "This home has served our family so well for so long that when our daughter and her husband decided to build a new house last month, they chose a home from a *Better Homes and Gardens* plan book. The tradition continues!"

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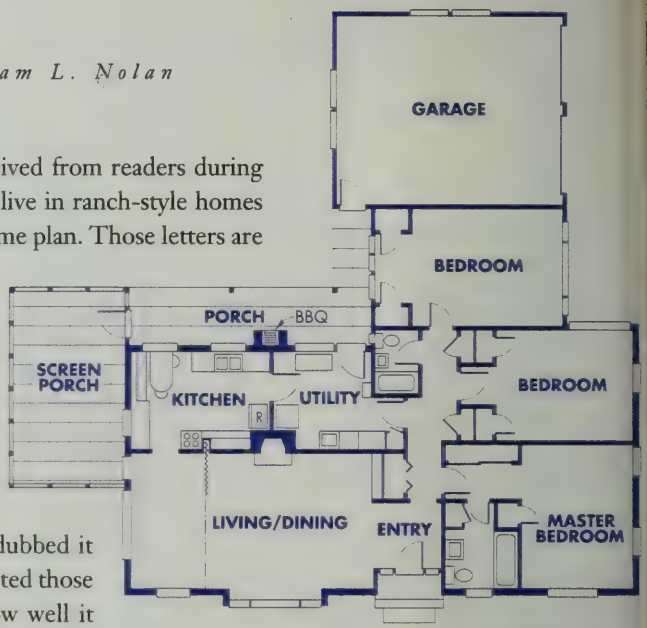
We can't replace your memories, but we can help you build new ones.

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Your Birthday Gift to Us

by William L. Nolan



In 1950, when Home Plan #2001 made its debut in our January issue, little did we know it would become our all-time best-selling plan.

Some of the most wonderful letters we've received from readers during our 75th anniversary have come from those of you who live in ranch-style homes built from Plan #2001 (*right*), our all-time best-selling home plan. Those letters are the best birthday present we could ever have hoped to receive. The sales figures tipped us off long ago that this was no ordinary plan, but what the numbers didn't say was how much these homes have come to mean to you and your families, and how many heartwarming stories you have to share. Also, the numbers say nothing about the many virtues that made this plan so popular, virtues that are well worth looking for in any home design.

When Plan 2001 first appeared in January 1950, we dubbed it the "home of beauty—and convenience." Last fall, we invited those of you who currently live in a 2001 house to tell us how well it makes good on that boast, and what changes you've made to it through the years. One couple who wrote to us was Bob and Donna Hastings, whose 2001 ranch in Lynchburg, Ohio, is featured on *page 146*. Here are samplings from the many other letters and snapshots you mailed in—each with a great story to tell about how your family grew up in this house.

The high regard you have for Home Plan #2001, and the warm feelings it evokes, are the best birthday gift we could ever have hoped to receive.

Love at first sight

For many of you, one glimpse of Plan 2001 was all it took. Mrs. C. L. Hatcher of Knoxville, Tennessee, writes: "In late December 1949 my husband and I were having a cup of hot chocolate after a movie one very cold night at a Walgreen drugstore. I picked up a copy of *Better Homes and Gardens*® from the news counter and turned to the picture of your '2001' home. I said to my husband, 'This is the house I want to build.' "

Hugh Taylor of Ozark, Alabama, reports: "My parents and grandparents liked Plan 2001 so much, they built two just alike facing each other." Hugh and his wife Karen like it too; they and their two daughters now live in the house his grandparents built.

A remarkably large number of you (50 out of the 209 who wrote to us) found the plan so livable that you couldn't bear to move away. Frances Emerson of Meridian, Missouri, tells us, "This was to be our first house, but forty-six years later we are still here."





Sam and Frances Emerson of Meridian, Missouri, built our 2001 plan as their first home in 1950. They loved it so much they never moved.

Similarly, Gloria Steck from Jersey Shore, Pennsylvania, writes, "We will be celebrating the 45th anniversary of our home as you celebrate your 75th. I like that!"

Mrs. Norma C. Harbaugh of Salem, New Jersey, says, "I love my

continued on page 156



The Legendary Architect Mies van der Rohe Said, "God Is In The Details."

If That's So, Could These Be The Pearly Gates?

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Your Birthday Gift to Us

continued from page 154

house today as much as I did the first day we moved in, October 1, 1955!" In fact, some of you have left it virtually unchanged—but wrote anyway to share your pride.

Edna Keeton of St. Charles, Iowa, says, "It has truly been a perfect plan; I haven't moved a board in 40 years."

Even those of you who did alter the plan a bit continue to sing its praises and see no reason to trade it for a different house. Take Ray and Doris Wilson of Lexington, North Carolina, for example. A few years after building the house from scratch in 1957, they found themselves smack in the path of a new highway. Rather than give up their house, they cut it in half and moved both pieces down the road to a new site, making a few strategic changes in the floor plan as they reassembled the pieces. "We have been at the new location for 24 years now," says Doris, "and still love this house."

As we read about the various changes you made and the events that prompted them, we began to see why Plan 2001 remains so popular. One big reason: adaptability. Many of you, for instance, converted the screen porch to a four-season sunroom or a dining room as your families grew, or you added a fourth bedroom by converting or stretching the garage wing. And a number of you annexed the utility room to gain a larger kitchen, or stretched it to create a cozy den or hobby space. In some cases you even added a second story. (See Cindy and Robert Brinser's addition, *above*.)

Yet, despite the changes, the original design of the house remained surprisingly intact in almost every instance—proof that the house had "good bones" to start with. One example is the version that Richard Gaffney built for his family in Greenville, South Carolina (*below*). Another example is the house that Betty and William Krenz built in Saginaw, Michigan. They tweaked the original plan a bit by adding a shower in the bathroom and locating the utility room in the basement, then began building the house themselves in 1951. She writes, "The only thing we ever altered in later years was to convert our big porch to a den. Remodel or update the house? Never."

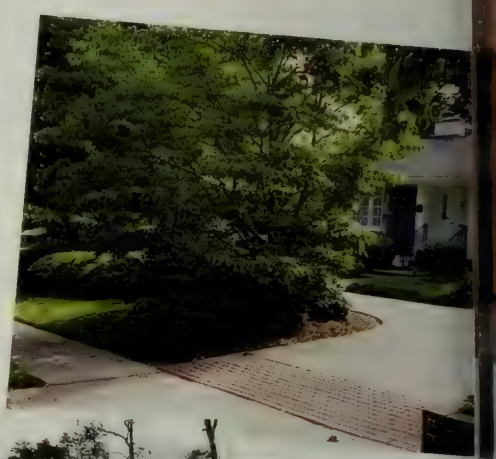


To gain two more bedrooms and a full bath, Cindy and Robert Brinser of Marietta, Pennsylvania, added a dormered second story above their attached garage.

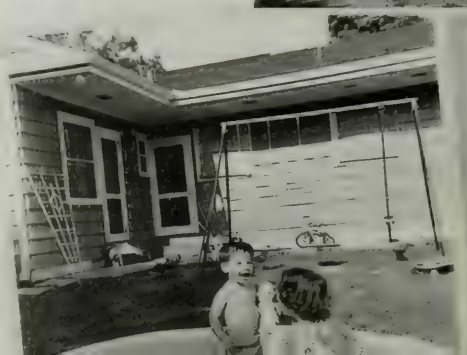
America grew up in this house. Your letters read like a social history of the last five decades.

Through thick and thin

In a very real sense, America grew up in this house. Reviewing the list of events that prompted many of you to build and expand and update through the years is like reciting five decades of American social and cultural history. Many of the letters told of young husbands coming home from World War II or the Korean War, reuniting with their wives, and then tackling the challenge of building our 2001 home from scratch with their bare hands. Dan and Barbara Brinduse of Anderson, Indiana, broke ground in the early '50s. At the time, Dan was working for the post office 16 hours a day, 7 days a week. They couldn't afford to build the whole house at once, so they did it in stages, starting with the garage and one bedroom and bath. The garage was their living room and kitchen and a bedroom for the kids. Five years later, they built







Their children are now grown and the wading pool is long gone, but for Richard and Delia Gaffney, the 2001 ranch they built in 1950 in Greenville, South Carolina, is still home. Delia says, "This has been a super plan!"

continued on page 158

Go ahead make my spray.



Isn't it nuts to buy so many cleaners? Just get Mr. Clean. He's concentrated, so you can use him any way you like.



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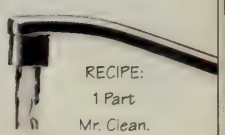


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Ultra Mr. Clean.
Get the whole job done with one.



Your Birthday Gift to Us

continued from page 156

the rest of the house. They're in their 70s now and getting ready to make the house virtually maintenance-free for their retirement years.

Ed and Marie Pace of Camden, Arkansas, broke ground in 1950. Although they built the whole house at once, they made several alterations through the years as their family grew and their needs changed. In the late '50s, they converted the porch to a den and expanded the kitchen into the utility room. When the kids left home, they turned the middle bedroom into an office and exercise room. "This year we will both turn 83," writes Marie,





Lush greenery adds a settled-in look to Charlotte and Henry Wack's home in Souderton, Pennsylvania. They broke ground in 1958.

"and have lived in this same house 46 years. It has always met our needs and we have thoroughly enjoyed it."

A little serendipity

Some of your most charming stories conveyed a wonderfully disarming "It was just meant to be" theme. In 1950, newlywed Alice Smith tucked a copy of the January magazine into her trousseau and moved with her husband to Georgia for three years, and then to North Carolina. Four years and two daughters later, they decided to build. "Out from the cedar chest came the 1950 magazine!" writes Alice. "Several nights later with pencils and paper in hand, we decided that Plan 2001 could be the perfect house for our family."

There are useful lessons here about what gives a home—and a home plan—staying power.

Claire and Roy Williams also spotted the plan in the January issue but had to wait 16 years to move in. While looking for a lot, they were transferred from western Pennsylvania to New Jersey. They saved the dog-eared pages of the January article through four more moves. In 1966, while looking for a place to live in Hamilton, Ohio, they happened upon—you guessed it—a 2001 house already built. "Imagine our delight," says Claire. "Someone else had built 'our house.' Remarkably, it was for sale and had recently been updated." Claire and Roy signed on the dotted line and haven't moved since.

An object lesson

There are useful lessons here for all of us about what gives a home—and a home plan—staying power. First, a good plan exhibits handsome proportions and tasteful detailing, qualities that aren't likely to go out of style or require frequent facelifts. Second, a good plan is one that can be stretched or retrofitted easily as family finances and family size expand; it has a well-organized layout that can be built in stages, with "edges" that lend themselves to add-ons. And third, a good plan remains livable for every phase of a family's life, not just the child-rearing years. Having the main rooms and at least one bedroom and bath on the same floor ensures comfortable living during retirement, and clean lines and sensible finish materials ensure low-maintenance shelter when it's needed most—the years of fixed income and limited energies.



The stork delivered a baby daughter to Dan and Elisabeth McNiel last fall—the third generation of McNiels to live in this 2001 home in Bennettsville, South Carolina. Elisabeth's great-uncle built the house in 1950.

Lois Wright of Tucson, Arizona, attests to the staying power of Plan 2001: "If the integrity of something is determined by its ability to grow and adapt, be it house or magazine, then both this plan and *Better Homes and Gardens* have passed the test of time." We couldn't have said it better ourselves.

Forty or 50 years from now, when today's first-time homebuyers are in their retirement years, we hope they, too, will be sending in snapshots of bare, treeless "befores" and lush, thickly shaded "afters." They'll likely share the sentiment of Mrs. Frank Broadrick of Dalton, Georgia, who says she will continue living in the house that she and her husband built in 1951 till "I go out feet first." ⌂

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Sizzling New Barbecues

by Steven Mumford

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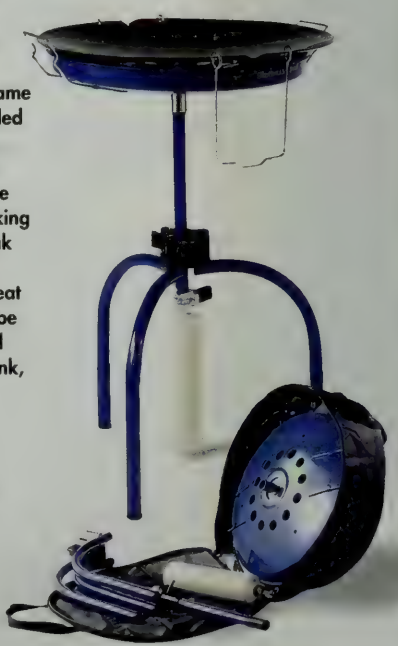
FAST FIRE-UP
Throw away your charcoal lighter fluid. The Performer by Weber is a charcoal cooker with a twist. It features a propane gas ignition system that'll produce cook-ready coals in less than 25 minutes. Under the stainless steel work surface is a bin that holds up to 20 pounds of briquettes. When the cooking is done, a high-capacity ash catcher helps keep the kettle clean. The lid tucks into a holder for open grilling, and a thermometer in the handle helps take the guesswork out of grilling. Suggested retail price: $429. Call 800/446-1071 for information.





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It's a grill. It's a smoker. It's the 7 in 1 Smoker by Masterbuilt. This cooker's all-stainless-steel construction will add a little style to any patio. And it's as versatile as it is good-looking. Use it as a gas or charcoal grill, a camp stove, or a gas or charcoal smoker. With a few accessories, you can even boil and deep fry with it. When set up as a smoker, it features two 15½-inch grill racks for maximum cooking capacity. Suggested retail price: $199.95. Call 800/489-1581 for information.

GO-ANYWHERE GRILL
You'll probably hook a few looks from fellow tailgaters when you cook with CADAC's CaddyChef, but the unusual design is part of what makes it so versatile. The tubular aluminum frame can be set up or folded away in its carrying case in seconds. The large cooking surface is well-suited to cooking everything from steak to stir-fry and even offers a variety of heat zones. The grill can be fueled by a standard 2-pound propane tank, available at most hardware stores. Suggested retail price: $129.95. Call 800/832-2232 for information.





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Georgia-Pacific

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So easy. Just dollop and dig in.

Crème de la pudding cup.



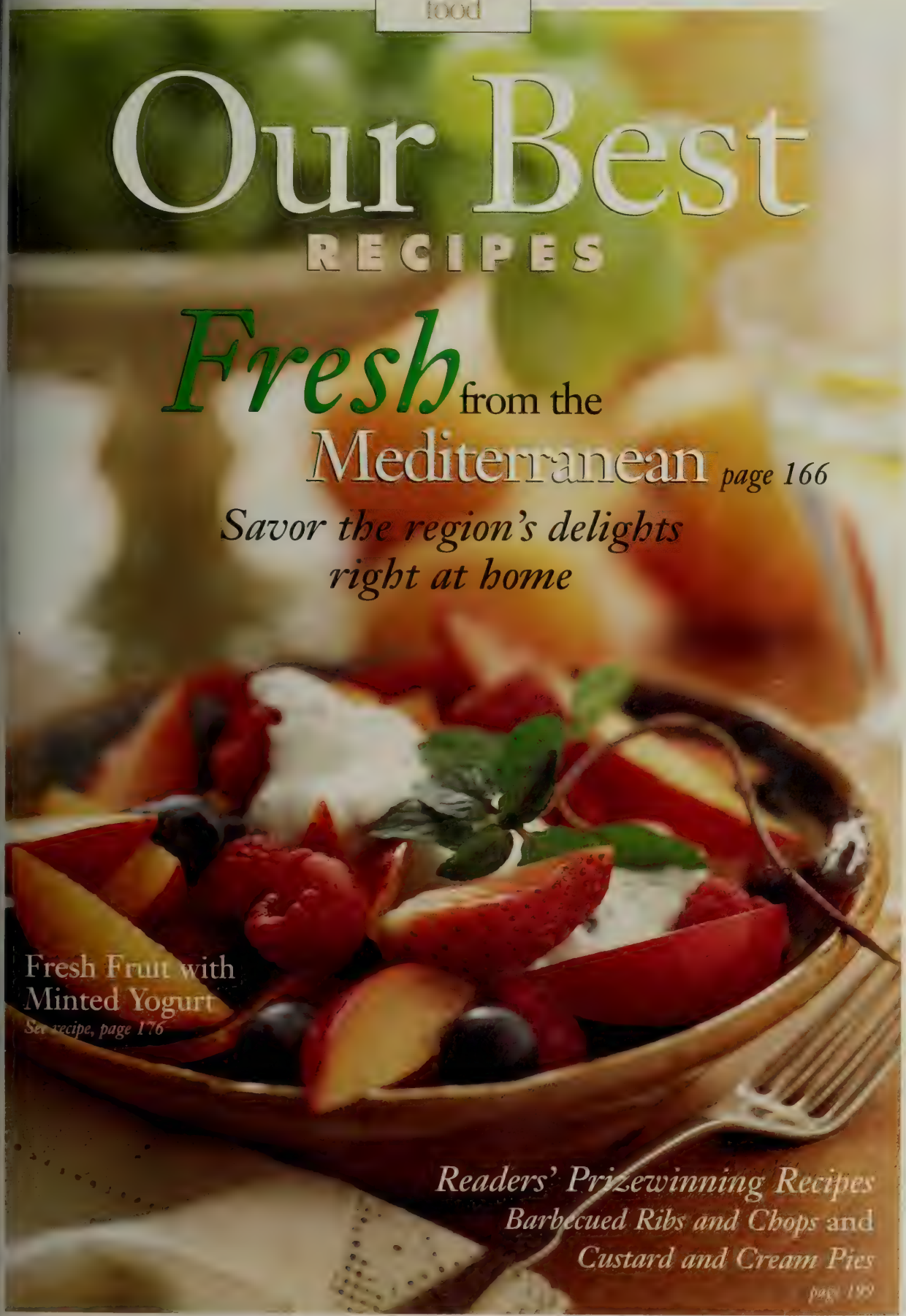
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Our Best RECIPES

Fresh from the Mediterranean

page 166

Savor the region's delights right at home



Fresh Fruit with Minted Yogurt

See recipe, page 176

Readers' Prizewinning Recipes

Barbecued Ribs and Chops and *Custard and Cream Pies*

page 199

PHOTOGRAPHS: MARK THOMAS. FOOD STYLIST: ANNE DISRUDE. PROP STYLIST: NANCY MICKLIN

by Jeanne Ambrose

Fresh from the Mediterranean

Little wonder that food from the deliciously diverse area is so popular. It's typically high in flavor, low in fat. Sun-kissed fruits and vegetables yield a bounty of vitamins. Scrumptious seafood makes a splash. Herbs add a heady aroma and a sensational taste. You won't want to miss this journey.



Rosemary Chicken Summer Squash-Carrot Medley

You may have to fend off the neighbors once they get a whiff of this aromatic grilled chicken. Better yet, invite them to join your family for a backyard picnic, complete with gently herbed vegetables.

Recipes begin on page 176





Cucumber Yogurt-Mint Soup

A combination of garden-fresh ingredients in this chilled soup makes it a refreshing opener for an alfresco meal.

©BETTER HOMES A... ©GARDENS, AUGUST 1993



Insalata Mista

This Italian mixed-greens salad may inspire you to pull out your red-checked tablecloth, add a loaf of crusty bread, and pour some wine or sparkling grape juice to kick off an informal meal.



Fresh from the Mediterranean



Seafood Skewers

The bounty of the sea is as close as your neighborhood market. Pick a scenic spot in the yard, fire up the grill, and let the sensational flavors of these kabobs transport you to the Mediterranean.



Farfalle with Spinach and Mushrooms

In Italy bow-tie pasta is called farfalle, which means "butterfly," a name that is much more fanciful. The butterfly pasta combines with the flowerlike caps of chanterelle mushrooms to create a summer dish that tastes as alluring as it looks.

Couscous-Artichoke Salad

Couscous, a quick-cooking grain that's a Moroccan specialty, forms the basis for this side dish. A unique blend of flavor and texture—sweet and jalapeño peppers, artichokes, tomatoes, cinnamon, and raisins—makes this salad a perfect accompaniment to grilled meat or seafood.

Recipes begin on page 182



A traditional Italian specialty takes on a fresh look and flavor with the introduction of goodies from the garden or farm market.

Recipes begin on page 184



Nectarine-Pistachio Tart

You'll have a tough time convincing your family to wait until dessert for this tantalizing tart. Pistachio nuts, another Mediterranean favorite, grace the top of the pie and the crust.



Cinnamon Orange Slices and Almond Macaroons

A sweet ending to your taste trip is guaranteed with these Moroccan desserts. Although the fresh oranges are traditionally an after-dinner treat in the Mediterranean, your family will love them at breakfast, too.

Recipes begin on page 187. Buying information, page 216



"The trunk space is humongous."

Larry Carter
Former Chrysler Owner



"You fit in it no matter what size you are."

Rachael Alexander
Former Caravan Owner



"It's bigger on the inside than it looks."

Steve Schlief
Former Acura Owner

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Crunchy cookies. Rich vanilla creme. Terrific in the 'fridge, outrageous in the freezer. Whip up in 15 minutes, then freeze. Dress accordingly.



JELL-O

Fresh from the Mediterranean

continued from page 174

Fresh Fruit with Minted Yogurt

With summer produce at its peak, you'll have no trouble finding your favorite fruits to mix and match in this "plum good" dessert.

- 1 16-oz. carton plain low-fat yogurt
- 3 Tbsp. honey
- 2 Tbsp. snipped fresh mint
- 4 medium plums, pitted and thinly sliced (about 3 cups)
- 3 cups assorted berries (such as blueberries, raspberries, and strawberries)
- Fresh mint sprigs (optional)

In a small bowl stir together yogurt, honey, and snipped mint. Cover and refrigerate till ready to serve. In a medium bowl combine plums and berries. Divide fruit among six individual dessert bowls. Spoon minted yogurt on top. Garnish with fresh mint sprigs, if desired. Makes 6 servings.

Nutrition facts per serving: 144 cal., 1 g total fat (0 g sat. fat), 1 mg chol., 56 mg sodium, 31 g carbo., 3 g fiber, 5 g pro. Daily Values: 3% vit. A, 52% vit. C, 11% calcium, and 5% iron.

Rosemary Chicken

Even though rosemary grows like a weed in the Mediterranean, it's one of the region's favorite herbs.

- 2 to 2½ lb. meaty chicken pieces (breasts, thighs, and drumsticks)
- ½ cup dry white wine
- 2 Tbsp. olive oil
- 4 cloves garlic, minced
- 4 tsp. snipped fresh rosemary
- 1 Tbsp. finely shredded lemon peel
- ¼ tsp. salt
- ¼ tsp. freshly ground pepper
- Rosemary sprigs (optional)

If desired, skin chicken. Rinse chicken and pat dry with paper towels. Place chicken in a plastic bag set in a shallow dish.

For marinade, in a blender

continued on page 178

FRESH HERBS



1. Thyme 2. Basil 3. Oregano 4. Cilantro 5. Italian parsley 6. Dill 7. Mint 8. Rosemary

Fresh herbs are essential to Mediterranean cooks. Although fresh herbs impart a vibrant flavor, you can substitute dried herbs in a pinch. For strong-flavored herbs such as rosemary, tarragon, and thyme, substitute ½ teaspoon dried herb for each tablespoon of fresh herb. For mild-flavored herbs such as basil, mint, and oregano, use about 1 teaspoon dried herb for each tablespoon of fresh herb.

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JELL-O

Fresh from the Mediterranean

continued from page 176

container or food processor bowl combine the white wine, olive oil, garlic, snipped rosemary, lemon peel, salt, and pepper. Cover and blend or process for 15 seconds or till well mixed. Pour over chicken in bag. Close bag. Marinate in the refrigerator 6 hours or overnight, turning bag occasionally.

Drain chicken, reserving marinade. Place the chicken, bone side up, on the rack of an uncovered grill. Grill directly over medium coals for 35 to 45 minutes or till chicken is tender and no longer pink, turning once and brushing with marinade halfway through grilling. Discard any remaining marinade. Remove the chicken from the grill to a serving platter. Garnish with rosemary sprigs, if desired. Makes 6 servings.

Nutrition facts per serving: 192 cal., 10 g total fat (3 g sat. fat), 69 mg chol., 93 mg sodium, 0 g carbo., 0 g fiber, 22 g pro. Daily Values: 2% vit. A, 1% vit. C, 1% calcium, and 6% iron.

Summer Squash-Carrot Medley

A hint of lemon with fresh dill is all you need to accentuate the garden-fresh flavor of these vegetables.

- 2 medium carrots, julienned (1 cup)
- 2 small yellow summer squash, halved lengthwise and sliced ¼ inch thick (2 cups)
- 2 small zucchini, halved lengthwise and sliced ¼ inch thick (2 cups)
- 1 Tbsp. lemon juice
- 1 Tbsp. olive oil
- 1 Tbsp. snipped fresh dill or 1 tsp. dried dillweed
- ¼ tsp. salt

In a medium saucepan cook carrots, covered, in a small amount of boiling water for 2 minutes. Add summer squash and zucchini. Cook for 3 to 5 minutes more or till crisp-tender; drain. Transfer vegetables to a serving bowl.

Meanwhile, combine the lemon juice, olive oil, dill, and salt. Pour over the vegetables; toss lightly to coat. Makes 6 side-dish servings.

Nutrition facts per serving: 45 cal., 2 g total fat (0 g sat. fat), 0 mg chol., 106 mg sodium, 6 g carbo., 2 g fiber, 1 g pro. Daily Values: 58% vit. A, 9% vit. C, 1% calcium, and 2% iron.

Cucumber Yogurt-Mint Soup

The combination of ingredients used here is a Mediterranean mainstay that shows up in soups, salads, and sauces.

- 1 large cucumber
- 1 8-oz. carton plain low-fat yogurt
- 1 Tbsp. lime juice
- 1 tsp. honey
- ½ tsp. ground cumin
- ¼ tsp. salt
- 2 Tbsp. milk (optional)
- ⅓ cup snipped fresh mint
- Fresh mint sprigs

Peel the cucumber, then cut in half lengthwise. Scoop out seeds and discard. Cut cucumber into ½-inch-thick slices (1½ cups). In a blender container or food processor combine cucumber, yogurt, lime juice, honey, cumin, and salt. Cover and blend or process till smooth. Blend in milk, if desired. Stir in snipped mint. Cover and chill 2 to 24 hours. Stir before serving. Garnish with fresh mint sprigs. Makes 4 side-dish servings.

Nutrition facts per serving: 56 cal., 1 g total fat (1 g sat. fat), 3 mg chol., 176 mg sodium, 8 g carbo., 1 g fiber, 4 g pro. Daily Values: 4% vit. A, 17% vit. C, 10% calcium, 11% iron.

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SIZING UP OLIVES



1. Cracked green 2. Green cerignola 3. Kalamata 4. Abequina 5. Greek castevetrano 6. Alphonse 7. Black cerignola 8. Oil-cured 9. Barese dolce

Imagine wandering the open markets of the Mediterranean where barrels of shiny olives beckon. The tiny fruit, appreciated in the region for centuries, can be found in an incredible range of hues and sizes. In the United States, olive lovers are falling in love with the increasing range of olives sold in bulk at specialty food stores, or in a more limited choice in bulk or jars at neighborhood grocery stores. Packaged olives are sometimes even flavored with garlic, herbs, or citrus peel.

The olive's color depends on when it is harvested. Green olives are picked before they are ripe. Left on the tree, they turn black when ripe. Whether they're green or black or purplish-red or brown, all olives are cured in a salty brine or in oil. That's why you should taste them before serving and rinse them with fresh water if they're too salty.



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Fresh from the Mediterranean

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Insalata Mista (Mixed-Greens Salad)

Fresh mozzarella, also called buffalo mozzarella, has a sweet flavor and soft texture. Find it in Italian markets, cheese shops, and specialty delis.

- 4 cups torn mixed greens (such as radicchio, spinach, arugula, and/or chicory)
- 1 cup yellow and/or red cherry tomatoes, halved
- ¼ cup snipped fresh basil
- ½ cup Greek olives
- 1 recipe Italian Vinaigrette
- 3 oz. thinly sliced fresh mozzarella cheese

In a large mixing bowl toss together the mixed greens, tomatoes, snipped basil, and olives. Drizzle Italian Vinaigrette over salad and toss to coat. Top with mozzarella cheese. Makes 4 side-dish servings.

Italian Vinaigrette: In a screw-top jar combine 2 tablespoons olive oil or salad oil, 2 tablespoons balsamic vinegar, 2 teaspoons snipped fresh oregano or basil, ⅛ teaspoon salt, and ⅛ teaspoon pepper. Cover the jar and shake well. Serve immediately or cover and store in refrigerator up to 2 weeks. Shake before serving. Makes about ¼ cup.

Nutrition facts per serving: 169 cal., 14 g total fat (4 g sat. fat), 16 mg chol., 255 mg sodium, 7 g carbo., 2 g fiber, 6 g pro. Daily Values: 28% vit. A, 34% vit. C, 13% calcium, and 9% iron.

Seafood Skewers

Garlic lovers throughout the neighborhood will be drawn by the aroma of this seafood combination.

- 1 lb. skinless fresh fish fillets, cut 1 inch thick (choose from salmon, halibut, sea bass, and/or red snapper)
- ½ lb. fresh or frozen medium shrimp in shells
- 2 medium fennel bulbs
- ¼ cup olive oil
- 3 Tbsp. lemon juice
- 4 cloves garlic, minced
- 3 Tbsp. snipped fresh oregano
- ¼ tsp. salt

Rinse fish and pat dry with paper towels. Cut fish into 1-inch cubes. Set aside. Thaw shrimp, if frozen. Peel and devein shrimp, leaving the tails intact. Rinse shrimp; pat dry. Set aside. Cut off and discard upper stalks of fennel, reserving some of the leafy fronds. Snip 2 tablespoons of the fronds for use in the marinade.



OLIVE OIL OPTIONS

This Mediterranean cooking oil varies in flavor, depending on the variety.

Extra virgin: Considered the finest grade, extra-virgin olive oil has the most robust olive flavor and aroma. It also has the richest golden-to-green hue and the highest price tag. Brush this full-flavored oil on meats and poultry during roasting and try it in salads, soups, and sauces.

Pure: Pure olive oil is usually a bit lighter in color than extra virgin, and has a more delicate taste. Try this milder olive oil in stir-fries, breads, sautéed poultry, and even hearty desserts.

Extra light: This type of oil gets its name from the light color and taste, not because it is reduced in calories. Use it interchangeably with cooking oil.

Remove any wilted outer layers from fennel bulbs; cut off a thin slice from base of each bulb. Wash and cut each bulb lengthwise into 6 wedges. Cook wedges, covered, in a small amount of boiling water—about 5 minutes or till nearly tender. Drain.

Place fennel wedges, fish cubes, and shrimp in a plastic bag set in a deep bowl. For marinade, stir together olive oil, lemon juice, garlic, oregano, salt, and 2 tablespoons of the snipped fennel fronds. Pour over seafood and fennel wedges. Close bag. Marinate in the refrigerator for 2 hours, turning occasionally.

Drain seafood and fennel, discarding marinade. Thread fennel wedges and seafood on skewers, alternating varieties. Place on a greased rack of an uncovered grill directly over medium-hot coals; grill for 8 to 12 minutes, turning often, till fish and shrimp are done. Makes 6 servings.

Nutrition facts per serving: 185 cal., 12 g total fat (2 g sat. fat), 57 mg chol., 199 mg sodium, 4 g carbo., 0 g fiber, 16 g pro. Daily Values: 3% vit. A, 13% vit. C, 3% calcium, and 8% iron.

Farfalle with Spinach and Mushrooms

If you're using spinach that hasn't been washed, be sure to rinse it well because it often is very sandy.

- 6 oz. dried bow-tie pasta
- 1 Tbsp. margarine or butter
- 1 medium onion, chopped
- 1 cup sliced portobellos or other fresh mushrooms (such as chanterelles, shiitake, and/or crimini)
- 2 cloves garlic, minced
- 4 cups thinly sliced fresh spinach or 2 cups thinly sliced sorrel and 2 cups thinly sliced fresh spinach
- 1 tsp. snipped fresh thyme
- ⅛ tsp. pepper
- 1 Tbsp. licorice-flavored liqueur (optional)
- 2 Tbsp. shredded Parmesan cheese

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Your **FAVORITE** *pizza topping is about to change.*

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Fresh from the Mediterranean

continued from page 182

Cook farfalle pasta according to package directions. Drain well.

Meanwhile, in a large skillet melt the margarine or butter over medium heat. Add onion, mushrooms, and garlic; cook and stir for 2 to 3 minutes or till mushrooms are nearly tender. Stir in spinach or spinach and sorrel, thyme, and pepper; cook 1 minute or till heated through and spinach is slightly wilted. Stir in cooked pasta and liqueur, if desired; toss gently to mix. Sprinkle with cheese. Makes 4 servings.

Nutrition facts per serving: 214 cal., 6 g total fat (1 g sat. fat), 39 mg chol., 127 mg sodium, 33 g carbo., 2 g fiber, 9 g pro. Daily Values: 42% vit. A, 29% vit. C, 8% calcium, and 24% iron.

Couscous-Artichoke Salad

In Morocco, a special two-tiered pot is used to cook couscous, which is known as the country's national dish. We've simplified the method while capturing many of the traditional flavors.

- 1½ cups chicken broth
- 1 cup quick-cooking couscous
- 1 small onion, finely chopped (⅓ cup)
- 1 to 2 Tbsp. finely chopped jalapeño pepper
- ¼ tsp. ground cinnamon
- ¼ tsp. black pepper
- 1 9-oz. pkg. frozen artichoke hearts, thawed and cut up
- 1 large tomato, cut up (1⅓ cups)
- 1 green sweet pepper, finely chopped (¾ cup)
- ¼ cup raisins
- ¼ cup olive oil
- ¼ cup balsamic vinegar

In a medium saucepan bring chicken broth to boiling. Add couscous and onion. Remove from heat. Cover and let stand 5 minutes. Stir in jalapeño pepper, cinnamon, and black pepper. Cool. When cool, in a large bowl combine couscous mixture with artichoke hearts, tomato, sweet pepper, and raisins. Whisk together the olive oil and balsamic vinegar; pour over couscous, tossing gently to coat. Makes 8 side-dish servings.

Nutrition facts per serving: 209 cal., 7 g total fat (1 g sat. fat), 0 mg chol., 189 mg sodium, 31 g carbo., 7 g fiber, 6 g pro. Daily Values: 4% vit. A, 56% vit. C, 2% calcium, and 10% iron.

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Lucky for us, most of the cheeses of the Mediterranean are exported to the United States or even made here. They include: 1. Parmigiana-Reggiano 2. Feta 3. Fresh mozzarella

Risotto with Leeks and Radicchio

Be sure to stir in the radicchio at the last minute. Its brilliant ruby coloring fades quickly when mixed with the warm rice.

- 2 medium leeks, white part only, cleaned and thinly sliced (about ⅔ cup)
- 2 cloves garlic, minced
- 1 Tbsp. olive oil
- 1 cup Arborio rice or short-grain rice
- 3 cups reduced-sodium chicken broth
- ½ cup radicchio or curly endive, finely shredded
- ¼ cup freshly shredded Parmesan cheese
- 3 Tbsp. snipped Italian parsley or curly-leaf parsley
- Green onions (optional)
- Cracked black pepper

In a large saucepan cook leeks and garlic in hot oil till tender. Add uncooked rice. Cook and stir over medium heat 5 minutes more. In a saucepan heat broth. Slowly add 1 cup of the hot broth to the rice mixture, stirring mixture constantly. Continue to cook and stir over medium heat till liquid is absorbed. Add another ½ cup of the broth to the rice mixture, stirring constantly. Continue to cook and stir till liquid is absorbed. Add another 1 cup broth, ½ cup at a time, stirring constantly till the broth has been absorbed. (This should take about 15 minutes.)

Stir in the remaining ½ cup broth. Cook and stir till rice is slightly creamy and just tender (add additional broth, if necessary, and cook till rice is just tender). Stir in the shredded radicchio or endive, shredded Parmesan cheese, and snipped parsley. Garnish with green onions, if desired. Serve immediately. Pass cracked pepper. Makes 6 side-dish servings.

Nutrition facts per serving: 178 cal., 4 g total fat (0 g sat. fat), 3 mg chol., 380 mg sodium, 29 g carbo., 2 g fiber, 6 g pro. Daily Values: 1% vit. A, 8% vit. C, 5% calcium, 12% iron.

Nectarine-Pistachio Tart

Leaving the bright-colored peels on the nectarines and sprinkling them with colorful green pistachios makes this dessert a brilliant feast for the eyes.

- 1 cup all-purpose flour
- ⅓ cup finely chopped pistachio nuts
- 2 Tbsp. granulated sugar
- ⅓ cup cold butter
- 3 to 5 Tbsp. ice water
- ½ of an 8-oz. pkg. cream cheese, softened (½ cup)
- ⅓ cup sifted powdered sugar
- ⅓ cup whipping cream

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Fresh from the Mediterranean

continued from page 184

2 medium nectarines, thinly sliced, or peaches, peeled and thinly sliced (about 2 cups)
⅓ cup peach or apricot preserves
1 Tbsp. honey
2 Tbsp. chopped pistachio nuts

In a medium mixing bowl stir together flour, the ⅓ cup nuts, and granulated sugar. Cut butter into flour mixture till pieces are the size of small peas. Gradually stir water, 1 tablespoon at a time, into flour mixture, tossing with a fork till dry ingredients are moistened. Form dough into a ball. If necessary, cover dough with plastic wrap and chill in the refrigerator for 30 to 60 minutes or till dough is easy to handle.

On a lightly floured surface, flatten pastry dough slightly. Roll dough from center to edges, forming an 11- to 12-inch circle. To transfer pastry, wrap it around the rolling pin. Then unroll the pastry onto a 9½- to 10-inch tart pan with a removable bottom. Ease the pastry into the tart pan, being careful not to stretch it. Fold edges in and press the pastry against the fluted sides of the tart pan.

Line pastry shell with a double thickness of foil. Bake in a 375° oven for 10 minutes. Remove foil. Bake for 8 to 10 minutes more or till golden. Completely cool pastry shell in pan on a wire rack.

For the filling, in a medium mixing bowl beat together cream cheese and the powdered sugar with an electric mixer on medium speed till fluffy. Stir in 1 tablespoon of the whipping cream. In a small, chilled mixing bowl beat remaining whipping cream till soft peaks form; fold into cheese mixture. Spread filling into the cooled tart shell. Arrange the nectarine or the peach slices in a circular pattern, overlapping slices slightly, on top of the filling.

In a small saucepan combine peach or apricot preserves and honey; heat and stir just till melted. Press through sieve, discarding solids. Carefully brush or spoon the glaze over the nectarine or peach slices. Sprinkle with the 2 tablespoons chopped pistachio nuts. Chill up to 1 hour. Gently remove side of the tart pan; carefully transfer the tart to a serving platter. Makes 8 to 10 servings.

Nutrition facts per serving: 335 cal., 20 g total fat (11 g sat. fat), 50 mg chol., 126 mg sodium, 36 g carbo., 2 g fiber, 5 g pro. Daily Values: 20% vit. A, 4% vit. C, 3% calcium, and 10% iron.


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Cinnamon Orange Slices

This barely qualifies as a recipe, but one taste will show you why it's nearly impossible to improve upon the wonderful, fresh flavor of this traditional Moroccan dessert.

2 large oranges
Ground cinnamon

Peel the oranges, removing the white pith. Cut the fruit horizontally into thin slices. Remove the seeds. Place in a storage container. Cover and chill. When ready to serve, arrange orange slices on serving plate. Sprinkle orange slices lightly with cinnamon. Makes 2 or 3 servings.

Nutrition facts per serving: 62 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 0 mg sodium, 16 g carbo., 3 g fiber, 1 g pro. Daily Values: 2% vit. A, 116% vit. C, 4% calcium, and 1% iron.

Almond Macaroons

To keep the parchment paper from sliding on the cookie sheet while you're working, lightly grease the cookie sheet before placing parchment on top. You should be able to find parchment paper in the cookware department of most major department stores or at cookware shops.

Parchment paper
2 egg whites
½ tsp. vanilla
⅔ cup sugar
1 8-oz. can almond paste (made without syrup or liquid glucose)
30 unblanched whole almonds

Line large cookie sheets with parchment paper; grease the top of the paper. Set aside.

In a medium mixing bowl beat egg whites and vanilla with an electric mixer on high speed till soft peaks form (tips curl). Gradually add sugar, about 1 tablespoon at a time, beating till stiff peaks form (tips stand straight). Crumble the almond paste into a small bowl. Add the crumbled almond paste to the egg white mixture, a small amount at a time, beating till combined (mixture will appear grainy).

Drop the macaroon mixture by rounded teaspoons 2 inches apart on the parchment-lined cookie sheets. Place a whole almond in the center of each cookie. Bake in a 325° oven for 18 to 20 minutes or till the edges of the macaroons are lightly browned. Let cookies cool for 1 minute; transfer the cookies to a wire rack. Makes about 30 cookies.

Nutrition facts per cookie: 60 cal., 3 g total fat (0 g sat. fat), 0 mg chol., 5 mg sodium, 8 g carbo., 0 g fiber, and 1 g pro. Daily Values: 0% vit. A, 0% vit. C, 1% calcium, and 2% iron.

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Fresh from the Mediterranean

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In Greece, lettuce is not usually included in this classic Greek Salad.

Greek Salad

Crumbly, white feta cheese—a key ingredient in Greek cooking—gets its sharp, salty flavor from the brine in which it is cured.

- 3 medium tomatoes, cut into wedges
- 1 medium cucumber, halved lengthwise and thinly sliced
- 1 small red onion, cut into thin wedges
- 1 recipe Greek Vinaigrette
- 8 to 10 Greek olives
- ½ cup crumbled feta cheese (2 oz.)

In a bowl combine the tomatoes, cucumber, and red onion. Add the Greek Vinaigrette; toss lightly to coat. Top salad with Greek olives and feta cheese. Makes 4 side-dish servings.

Greek Vinaigrette: In a screw-top jar combine 2 tablespoons olive oil or salad oil; 2 tablespoons lemon juice; 2 teaspoons snipped fresh oregano or ½ teaspoon dried

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Fresh from the Mediterranean

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oregano, crushed; ⅛ teaspoon salt; and ⅛ teaspoon pepper. Cover the jar and shake well. Makes about ¼ cup.

Nutrition facts per serving: 143 cal., 12 g total fat (3 g sat. fat), 12 mg chol., 273 mg sodium, 9 g carbo., 2 g fiber, 4 g pro. Daily Values: 9% vit. A, 43% vit. C, 8% calcium, and 5% iron.

Lamb Kefta

Kefta is the Moroccan word for ground meat. These patties, laced with aromatic herbs and spices, are traditionally placed on skewers and then grilled.

- 1 medium onion, grated (3 Tbsp.)
- 2 Tbsp. snipped parsley
- 2 Tbsp. snipped fresh cilantro
- ½ tsp. ground cumin
- ½ tsp. ground cinnamon
- ¼ tsp. salt
- ¼ tsp. ground red pepper
- 1 lb. ground lamb (or a mixture of lamb and beef)
- Thinly sliced cucumber (optional)
- Chicory leaves (optional)
- Grilled lemon wedges (optional)



It may look like an all-American burger, but each Lamb Kefta patty bursts with the favorite flavors of Morocco.



Zucchini green and tomato red lead a colorful medley of garden-fresh vegetables in Roasted Ratatouille, which is spooned on top of a subtly flavored golden flatbread.

In a medium bowl combine onion, parsley, snipped cilantro, cumin, cinnamon, salt, and pepper. Add lamb and mix well. Shape about ¼ cup of the mixture into an oval about ¾ inch thick; repeat to make 8 patties total. Grill patties on the rack of an uncovered grill directly over medium coals for 10 to 12 minutes or till no pink remains, turning once. (Or, place patties on the unheated rack of a broiler pan. Broil patties 3 to 4 inches from the heat for 10 to 12 minutes or till no pink remains, turning once.)

If desired, place on a bed of cucumber slices, garnish with chicory, and serve with grilled lemon wedges. Makes 4 servings.

Nutrition facts per serving: 232 cal., 16 g total fat (6 g sat. fat), 76 mg chol., 199 mg sodium, 2 g carbo., 0 g fiber, 20 g pro. Daily Values: 1% vit. A, 5% vit. C, 2% calcium, 13% iron.

Roasted Ratatouille

Eggplant, zucchini, sweet pepper, and tomatoes are key ingredients in this dish, but you can vary the vegetables according to your taste.

- 1 small zucchini or yellow summer squash, cubed (1 cup)
- 1 small eggplant, cubed (3½ cups)
- 1 medium yellow sweet pepper, cut into 1-inch strips
- 1 large onion, chopped (1 cup)
- 2 Tbsp. snipped Italian parsley
- 2 cloves garlic, minced
- 1 Tbsp. olive oil

continued on page 192

If the Mediterranean can awaken the senses and nourish the spirit, just imagine what it can do for your pasta.

Introducing the first pasta sauces to bring the recipes of the Mediterranean direct to your table. New, original sauces with the savory flavors of roasted garlic, sun-dried tomatoes, and a harvest of herbs and spices. All inspired by the romance of the Mediterranean.

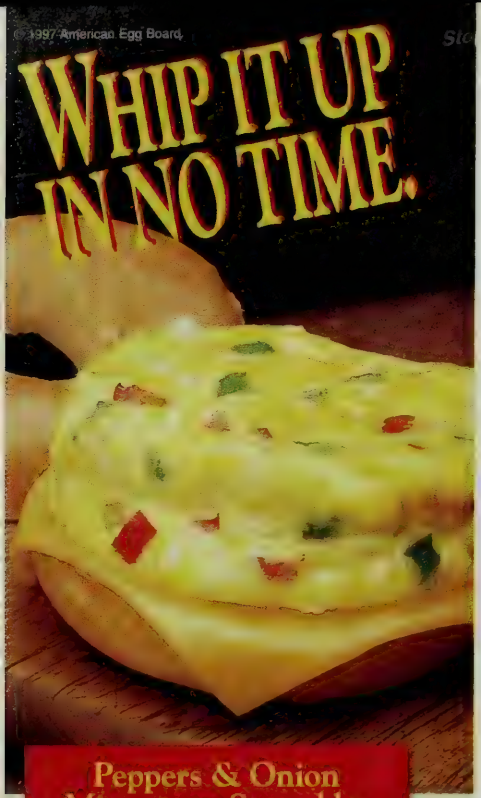
It's more than Italian.

It's Mediterania.



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Peppers & Onion Microwave Scramble.

Make eggs in the microwave and you make breakfast fast, easy and delicious. Try a Peppers & Onion Microwave Scramble today.

1. In a small microwavable bowl, beat together **2 eggs, 2 T. skim milk, 2 T. sweet red and/or green pepper and 1 T. chopped onion** with salt and pepper or herbs to taste.

2. Cook on full power for 1 to 2 minutes. Stir, cover and let stand until no visible liquid egg remains, about 1 minute.

3. Spoon onto bagel, roll or English muffin. Add 1 slice cheese. Cover top. Grab and Go!

Try These Tasty Variations:

Hearty Layered Scramble. Top cooked eggs with 1 thin slice each lean cooked ham and low-fat cheese.

Snappy Salsa Scramble. Replace pepper and onion with 1 T. prepared chunky salsa. Spoon eggs down center of tortilla and roll up.

The American Egg Board
http://www.aeb.org

Fresh from the Mediterranean

continued from page 190

- ⅛ tsp. salt
- ⅛ tsp. pepper
- 2 large tomatoes, chopped (2 cups)
- 1½ tsp. lemon juice
- 1 recipe Golden Italian Flatbread (see recipe *below*)
- 2 Tbsp. finely shredded Parmesan cheese

In a greased 15x10x1-inch baking pan combine zucchini or summer squash, eggplant, sweet pepper, onion, and parsley. Combine garlic, oil, salt, and pepper. Drizzle over vegetables; toss to coat. Roast vegetables, uncovered, in a 450° oven about 20 minutes or till vegetables are tender and lightly browned, stirring once halfway through roasting. Stir in tomatoes and lemon juice. Return to oven for 8 to 10 minutes or till tomatoes are very soft and starting to juice out.

Spoon vegetable mixture over Golden Italian Flatbread. Sprinkle with Parmesan cheese. Makes 4 main-dish servings.

Nutrition facts per serving without flatbread: 120 cal., 5 g total fat (1 g sat. fat), 2 mg chol., 141 mg sodium, 18 g carbo., 4 g fiber, 4 g pro. Daily Values: 10% vit. A, 189% vit. C, 6% calcium, and 7% iron.

Golden Italian Flatbread

Escape the routine by cutting this flatbread into triangles or diamond shapes instead of squares. Better yet, experiment with your family's favorite cookie cutters.

- 1½ cups milk
- 2 Tbsp. margarine or butter
- ¾ cup milk
- ½ cup quick-cooking wheat cereal (farina)
- ¼ tsp. salt
- 1 beaten egg
- ⅓ cup grated Parmesan cheese

Line a 13x9x2-inch baking pan with foil; grease foil. Set aside.

In a medium saucepan bring the 1½ cups milk and the margarine or butter to boiling. Meanwhile, stir together the ¾ cup milk, the farina, and salt; slowly add to boiling milk, stirring constantly. Cook and stir 3 to 4 minutes or till very thick and mixture just begins to bubble. Remove from heat; gradually stir hot mixture into egg. Stir in the Parmesan cheese. Pour into prepared baking pan; spread evenly. Cool, then cover surface with plastic wrap and chill at least 1 hour or till firm.

Remove plastic wrap. Carefully invert pan to remove mixture onto a lightly floured surface. Cut into 8 pieces. Place on a well-greased baking sheet. Bake in a 450° oven about 20 minutes or till golden. Makes 4 servings.

Nutrition facts per serving: 256 cal., 12 g total fat (5 g sat. fat), 70 mg chol., 440 mg sodium, 24 g carbo., 0 g fiber, 12 g pro. Daily Values: 20% vit. A, 2% vit. C, 24% calcium, and 8% iron.

THE FLAVOR OF PARMESAN

No cheese says "Italian" like Parmesan cheese. Its rich, salty taste enhances the flavor of many dishes, Italian or not.

Cheese connoisseurs can tell the difference between true Italian Parmigiana-Reggiano and its closely related cousin Parmesan, which is made outside Italy. Production of Parmigiana-Reggiano is strictly regulated to maintain its unique taste. The cheese typically is aged from two to four years there, compared to about 14 months in the United States.

Both domestic and imported cheeses are found in many supermarkets, as well as in specialty cheese shops and Italian markets. Its rising popularity has pushed manufacturers to offer the cheese already shredded in packages or in chunks for you to grate at home.

You'll also find a mild, domestic Parmesan in a drier, grated form available in shakers at most grocery stores.

THE GOOD NEWS ABOUT EGGS JUST GOT BETTER.

MORE STUDIES SAY EGGS ARE OKAY.



Just when you thought you'd heard it all, hear from The University of Arizona.

Researchers at this prestigious university cently compiled the results of 224 studies nducted among 8,000 participants over the st 25 years.

The conclusion: if you're healthy, go right ead and enjoy your eggs. Your cholesterol obably will stay about the same.

These studies also indicate that for most althy people, saturated fat affects blood olesterol levels more than dietary choles- ol does.

What's more, an independent study cently published in the British Medical urnal came to the same conclusions.

This is indeed spectacular news for egg lovers, and confirms what many nutrition experts believe: dietary cholesterol is the least significant dietary factor in trying to reduce your blood cholesterol.

So if you love eggs, you gotta love 'em a lot more now.

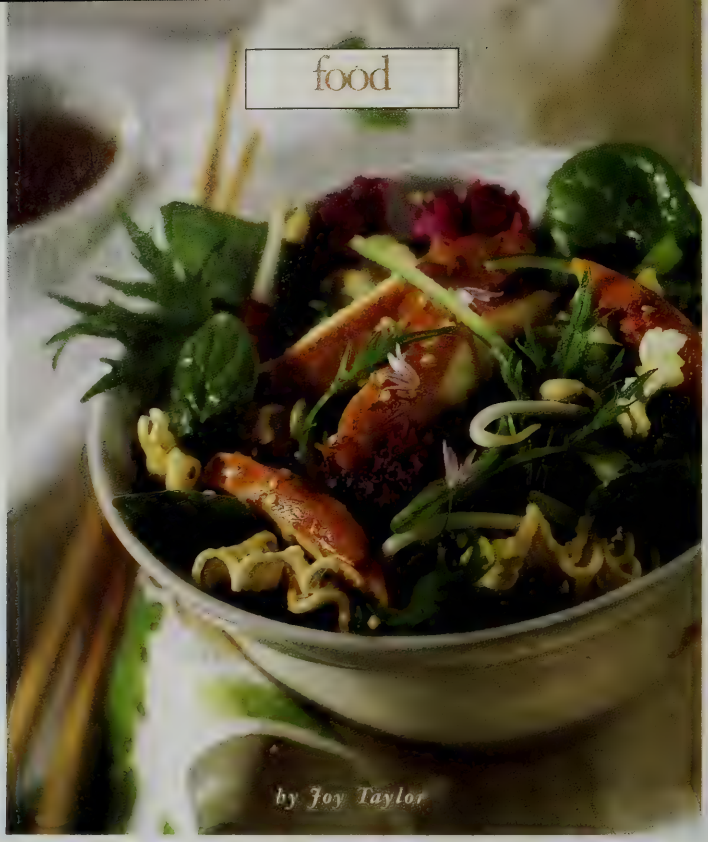
To get all opinions about eggs and cholesterol, talk to your doctor and find out the best way to include eggs, an inexpensive source of high-quality protein, in your diet.

For more information about eggs, cholesterol and other important health issues, send for our free booklet, "Eggs and Good Health." Mail a stamped, self-addressed envelope to: American Egg Board, Department B, P.O. Box 1214, Park Ridge, IL 60068.

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ition Facts: Serving Size 1 egg (50g). Amount Per Serving: Calories 70, Calories from Fat 40; Total Fat 4.5g, 7% DV; Sat. Fat 1.5g, 8% DV; Cholesterol 215mg, 71% DV; Sodium 65mg, 3% DV; Total Carb. 1g, 0% DV; Protein 6g, 10% DV. ©1997 American Egg Board.



Favorites Forever

Tossed salad has been a part of American family meals ever since *Better Homes and Gardens®* magazine first published a recipe for it in the 1930s. Since then, lettuce has been deliciously tossed with every imaginable fruit, vegetable, nut, and grain. In the 1980s, Asian flavors were added to the salad bowl to create fresh sensations like Oriental Chicken Salad. With still-popular flavors and a low-fat personality, this recipe remains a reader favorite.

Oriental Chicken Salad

The dressing softens the uncooked noodles to make pseudo croutons.

- 1 recipe Pineapple-Sesame Dressing
- 4 cups torn mixed greens such as spinach, romaine, Chinese cabbage, and/or leaf lettuce
- 2 cups fresh vegetables such as bean sprouts; pea pods, halved crosswise; and/or cucumber strips
- 1 cup coarsely chopped red cabbage
- 2 green onions, thinly sliced
- 1 3-oz. pkg. quick-cooking Oriental soup noodles (do not need seasoning packet)
- 4 small (12 oz. total) skinless, boneless chicken breast halves
- Nonstick spray coating
- 3 Tbsp. reduced-sodium soy sauce
- 2 tsp. grated gingerroot
- 2 tsp. sesame seed
- Chive blossom flowers (optional)

Prepare Pineapple-Sesame Dressing; cover and chill till needed. In a large bowl toss together the mixed greens, assorted fresh vegetables, red cabbage, and green onions. Break uncooked Oriental noodles into small pieces; add to salad.

To prepare chicken, rinse chicken breasts; pat dry with paper towels. Halve chicken breasts lengthwise. Spray the rack of a broiler pan with nonstick coating. Place chicken breast halves on broiler rack. Stir together soy sauce and gingerroot; brush onto chicken. Broil 4 inches from heat for 10 to 12 minutes or till no pink remains, turning once and brushing with soy mixture. Remove chicken from heat; cool slightly.

Cut chicken into bite-size strips; add to vegetable mixture. Shake dressing and pour over the salad; toss to coat. Sprinkle sesame seed over all. If desired, garnish with chive blossom flowers. Serve immediately. Makes 4 main-dish servings.

Pineapple-Sesame Dressing: In a screw-top jar combine ⅓ cup unsweetened pineapple juice, ¼ cup rice vinegar or white vinegar, 1 tablespoon water, 1 tablespoon reduced-sodium soy sauce, 2 teaspoons sugar, 1½ teaspoons toasted sesame oil, and ¼ teaspoon pepper. Cover and shake dressing mixture well.

Nutrition facts per serving: 205 cal., 6 g total fat (1 g sat. fat), 48 mg chol., 677 mg sodium, 17 g carbo., 3 g fiber, and 22 g pro. Daily Values: 30% vit. A, 84% vit. C, 7% calcium, and 23% iron.

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the clever cook™

Each month in this column, you'll find tips from other good cooks. See "Be a Clever Cook" (*below right*) to find out how you can earn money for sharing your cooking secrets with us.

Vegetables Do Double Duty

After washing and peeling your vegetables for mealtime use, store the vegetable trimmings and peels in a large plastic bag in the freezer. When the bag is full, empty it into a large saucepan. Cover the peels and trimmings with water, and simmer until the broth cooks down to a concentrated flavor. Strain the broth and use it in soups or sauces. Discard the trimmings or add them to your compost pile. Best veggies to use: carrots, celery, and onions.

Janice M. Owen-Thomas, Kittery Point, Maine

Smart Table Toppers

To make inexpensive, easy-care summer tablecloths, use twin-size flat sheets. For matching napkins, cut 17 inches off the foot end of the sheet and use zigzag stitching to close the raw edges.

Faye Singleton, Tucker, Ga.

Too Many Tomatoes?

When your tomato plants have been especially prolific, just wash and dry the extra tomatoes, core them, and pop them whole into self-seal plastic bags in the freezer. When you're ready to use tomatoes in sauces, chili, soups, or stews, dip the frozen whole tomato in warm water for a few seconds. The peel slips right off. Thaw tomatoes in a bowl before cutting and using them.

Hazel Bergerson, Sisseton, S.D.

Dessert on the Grill

While you've got the grill going this summer, use it to prepare dessert. Wash, dry, and core cooking apples. Fill centers with brown sugar and butter, wrap each apple in foil, and place in small foil pie tins on the grill. When the apples are tender, unwrap them and serve.

Betty Clark, Hot Springs, Ark.

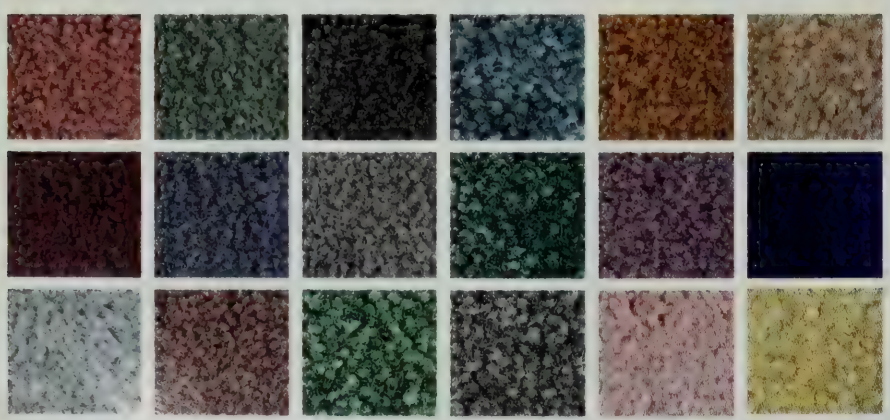
Quick BBQ Ribs

When ribs are on sale, I buy several racks of them and cut the racks into individual serving-sized pieces. After baking the ribs completely, I let them cool, then wrap and freeze. When I want ribs for dinner, I thaw them and grill directly over medium coals for 10 to 15 minutes, turning once and basting with my favorite barbecue sauce.

Connie Morgan, Kelseyville, Calif.

BE A CLEVER COOK

The food editors of *Better Homes and Gardens®* magazine invite you to send us your niftiest kitchen tips. We're looking for original ideas that make cooking easier, more healthful, or more rewarding for you and your family. We will pay $25 for each published tip. Please send tips to: The Clever Cook, BH&G Food Department, 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited for space. All letters become the property of *Better Homes and Gardens* magazine.



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(refrigerator, dishwasher, microwave oven, and range or cooktop/oven; approximate retail value: $5,000)

Monthly Prizes:

Two $400 winners, Two $200 winners, Ten $50 honor rolls

Hints for the March 1998 Categories

Quick-to-Fix Suppers: The dinner hour is fast approaching. The kids are hungry. Quick: Put together a taste-tempting meal in less than an hour to make your family and our judges happy.

Best Brownies and Bar Cookies: It's tough to beat a good old-fashioned basic brownie, but we know you can do it. Send us your most tempting recipe for bar cookies or brownies that goes way beyond basic.

This Month's Winners—Pages 199 and 200

$400 Winners: Shirley DeSantis, Bethlehem, Pa.; Catherine Schott, Needham, Mass.

$200 Winners: Bernice Janowski, Stevens Point, Wis.; Robert Kowalewski, Berwyn, Ill.

$50 Honor Roll Winners: Julie Berry, San Mateo, Calif.; Betty Cornelison, Portland, Ore.; Jenni Dise, Phoenix, Ariz.; Wendy Duch, East Lansing, Mich.; Donna Higgins, Halfway, Ore.; Yi-Fang Ho, New Brunswick, N.J.; Judy Hoffman, Lewiston, Idaho; Nancy Kilgore, Eugene, Ore.; Marilu Locche, Torrington, Conn.; Audrey Thibodeau, Mesa, Ariz.

Contest Rules: 1. The contest is open to U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and their immediate families. 2. With each entry, clearly print or type your name, address, phone number, and recipe marked "March Quick-to-Fix Suppers" or "March Best Brownies and Bar Cookies." Specify brands and recipe origin. 3. Address recipes to 9803 Food Department, *Better Homes and Gardens®*, Des Moines, IA 50309-3023. 4. Entries must be postmarked by August 25, 1997, and received by August 31, 1997. 5. Monthly winners will be selected about 60 days later, then notified by mail. Winners must sign affidavit and release. The annual grand prize winner will be selected from 1998 top winners on or about October 1, 1998, and will be notified by mail. The grand prize winner will choose up to $5,000 worth of General Electric Profile appliances from a local dealer at the dealer's then-current retail prices. Any applicable sales tax, delivery charges, or additional costs will be included in the $5,000 prize. Cash will not be offered in lieu of prizes. 6. Entries must be your original recipes. No previously published recipes. They will be judged on creativity, taste, and practicality by *BH&G®* editors. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use winner's name and hometown for editorial and promotional purposes, except where prohibited by law.

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50 Years

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Knife? What knife?

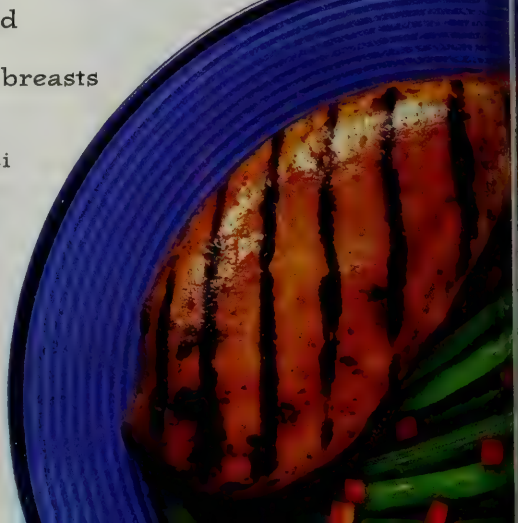
Grey Poupon® Honey Mustard Teriyaki Chicken

(makes 4 servings)



- 1/2 cup Grey Poupon Honey Mustard
- 3 tablespoons teriyaki sauce
- 1 pound boneless, skinless chicken breasts

In bowl, combine mustard and teriyaki sauce. Reserve 1/3 cup sauce for basting. Add chicken to remaining sauce, stirring to coat well. Cover; refrigerate 1 to 2 hours. Grill or broil 4 to 6 inches from heat source for 6 minutes on each side or until done, basting frequently with reserved sauce.



Call 1-800-GP-DIJON for more delicious recipes.

PRIZE TESTED RECIPES

see page 197 for details



$400 WINNER

Catherine Schott, Needham, Mass., in the Custard and Cream Pies category.
August 1997

Lemon-Blueberry Cream Pie

Creamy clouds of tart-sweet flavor swirl around your tongue with each bite of this pie.

- 1 cup sugar
- 3 Tbsp. cornstarch
- 1 cup milk
- 3 beaten egg yolks
- ¼ cup butter or margarine
- 1 Tbsp. finely shredded lemon peel
- ¼ cup lemon juice
- 1 8-oz. carton dairy sour cream
- 2 cups fresh blueberries
- 1 9-inch baked pastry shell
- Sweetened whipped cream (optional)
- Lemon slices (optional)

In a saucepan combine 1 cup sugar and cornstarch. Add milk, egg yolks, butter or margarine, and 1 tablespoon lemon peel. Cook and stir over medium heat till thickened and bubbly; cook and stir 2 minutes more. Remove from heat; stir in lemon juice. Transfer to a bowl; cover surface with plastic wrap and refrigerate till cool. When cool, stir sour cream and blueberries into mixture; pour into pastry shell. Cover and chill at least 4 hours. If desired, stir a little *lemon peel* into sweetened whipped cream. Pipe or spoon atop pie. Garnish with lemon slices, if desired. Makes 8 servings.

Nutrition facts per serving: 420 cal., 23 g total fat (10 g sat. fat), 110 mg chol., 161 mg sodium, 50 g carbo., 2 g fiber, and 5 g pro.



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PRIZE TESTED RECIPES

see page 197 for details



$400 WINNER

Shirley DeSantis, Bethlehem, Pa., in the Barbecued Ribs and Chops category.
August 1997

Pesto-Packed Pork Chops

Jalapeño jelly packs a peppery punch. To tone down the heat, use apple jelly instead.

- 3 Tbsp. crumbled feta cheese
- 4 to 5 Tbsp. refrigerated pesto
- 1 Tbsp. pine nuts, toasted
- 2 Tbsp. jalapeño jelly
- 1 Tbsp. balsamic vinegar
- 4 pork loin chops or boneless pork loin chops, cut 1¼ inches thick
- 1 tsp. minced garlic
- 1 tsp. freshly ground black pepper
- ½ tsp. *each* ground red pepper, celery seed, and fennel seed, crushed
- ¼ tsp. dried thyme, crushed
- ¼ tsp. ground cumin
- Fresh basil leaves (optional)

For filling, in a small mixing bowl stir together feta cheese, 2 tablespoons of the pesto, and pine nuts. Set aside. For glaze, in a small saucepan melt jelly over low heat. Stir in the remaining 2 to 3 tablespoons pesto and the balsamic vinegar; heat through. Set aside.

Trim fat from meat. Make a pocket in each chop by cutting horizontally from the fat side almost to the bone or the opposite side. Spoon filling into each pocket. If necessary, secure the opening with a wooden pick.

For rub, in a small mixing bowl combine garlic, black pepper, red pepper, celery seed, fennel seed, thyme, and cumin. Rub evenly onto all sides of meat.

In a covered grill arrange preheated coals around a drip pan for indirect grilling. Test for medium heat above the pan. Place chops on the grill rack over the drip pan. Cover; grill for 35 to 40 minutes or till juices run clear, turning once and brushing occasionally with glaze the last 10 minutes of grilling. Garnish with basil, if desired. Makes 4 servings.

Nutrition facts per serving: 477 cal., 30 g total fat (7 g sat. fat), 121 mg chol., 336 mg sodium, 12 g carbo., 0 g fiber, and 39 g pro.

Photographs: Scott Little

PRIZE TESTED RECIPES®

see page 197 for details

$200 WINNER

Robert A. Kowalewski, Berwyn, Ill., in the Barbecued Ribs and Chops category.
August 1997



Southwestern Ribs with a Rub

A zipped-up barbecue sauce slathered over a peppy rub makes these ribs a spicy treat.

- 4 cups mesquite chips
- 1 cup catsup
- ½ cup light-colored corn syrup
- ¼ cup white vinegar
- ¼ cup packed brown sugar
- ¼ cup finely chopped onion
- 2 Tbsp. prepared mustard
- 1½ tsp. Worcestershire sauce
- 2 cloves garlic, minced
- ½ tsp. coarse black pepper
- ½ tsp. bottled hot pepper sauce
- ¼ tsp. ground cumin or chili powder
- ⅛ tsp. ground red pepper
- 1 recipe Rib Rub
- 4 lb. pork loin back ribs

At least 1 hour before grilling, cover chips with water and soak; drain before using. In a 1½-quart saucepan combine the remaining ingredients except for Rib Rub and pork loin back ribs. Bring to boiling; reduce heat and simmer, uncovered, for 25 to 30 minutes, or till thickened, stirring occasionally.

Cut the ribs in serving-size pieces. Pat Rib Rub evenly onto all sides of meat.

In a covered grill arrange preheated coals around a drip pan. Test for medium heat above the pan. Put some of the drained wood chips onto the coals. Place ribs on the grill rack over the drip pan. Cover and grill for 1¼ to 1½ hours or till ribs are tender and no pink remains, adding charcoal and chips as needed. Brush with some of the sauce the last 10 minutes of grilling. Pass any additional sauce. Makes 6 servings.

Rib Rub: In a blender container or small food processor bowl combine 2 teaspoons *each* dried rosemary, crushed; dried thyme, crushed; dried minced onion; dried minced garlic; 1 tsp. coarse salt; and ¾ teaspoon pepper. Blend or process till coarsely ground.

Nutrition facts per serving: 483 cal., 24 g total fat (9 g sat. fat), 95 mg chol., 1,073 mg

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PRIZE TESTED RECIPES®

see page 197 for details

$200 WINNER

Bernice V. Janowski, Stevens Point, Wis., in the Custard and Cream Pies category.
August 1997



White Chocolate-Banana Cream Pie

Throw caution to the wind and treat yourself to a piece of this decadent delight.

- 40 chocolate wafers
- ⅓ cup butter or margarine, melted
- ½ cup granulated sugar
- ¼ cup cornstarch
- ¼ tsp. salt
- 2½ cups milk
- 3 slightly beaten egg yolks
- 4 oz. white chocolate, finely chopped
- 1¼ tsp. vanilla
- 4 medium bananas
- 1 cup whipping cream
- 2 Tbsp. sifted powdered sugar
- Milk chocolate and white chocolate curls (optional)

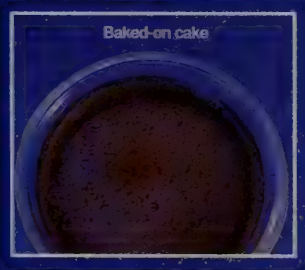
Crush 30 chocolate wafers into fine crumbs (1½ cups). In a bowl combine crumbs and melted butter or margarine; toss to mix well. Spread into a 9-inch pie plate. Press onto bottom and sides to form a firm, even crust; cover and chill. For filling, in a saucepan combine granulated sugar, cornstarch, and salt. Stir in milk. Cook and stir over medium heat till thickened and bubbly. Cook and stir 2 minutes more. Remove from heat. Gradually stir 1 cup of hot filling into yolks. Pour yolk mixture into hot filling in pan. Bring just to boiling. Reduce heat; cook and stir 2 minutes more; remove from heat. Stir in chopped white chocolate and 1 teaspoon of the vanilla. Stir till chocolate has melted.

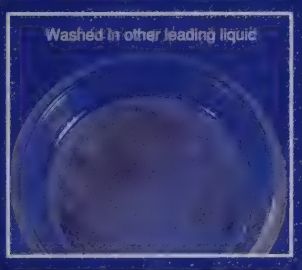
Slice 2 bananas onto the chilled crust. Spread half of the filling over all. Layer remaining chocolate wafers on filling. Chop 2 remaining bananas and place on chocolate wafers. Cover with remaining filling. Cover and chill at least 4 hours. Before serving, combine whipping cream, powdered sugar, and remaining ¼ teaspoon vanilla in a chilled bowl. Beat with an electric mixer on medium speed till stiff peaks form. Spread whipped cream over pie. If desired, top with white and milk chocolate curls. Makes 10 servings.

Nutrition facts per serving: 447 cal., 25 g total fat (13 g sat. fat), 118 mg chol., 362

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SO CLEAN, IT'S VIRTUALLY SPOTLESS.

by Lamont Olson

The Safe and the Sorry



MINIVANS and station wagons dominate the list of cars with low rates of on-the-road crash injuries from 1993 to 1995.

While the government tests new cars for crashworthiness, an insurance research group keeps track of injury claims from real-life accidents. The Highway Loss Data Institute's ranking of passenger cars with the 10 best and 10 worst rates of injury claims are shown at *right*.

These ratings are for model years 1993–95, the latest for which injury reports are available. The rankings are an index with the average for all cars pegged at 100. Lower numbers mean fewer injuries. For example, the Volvo 850 wagon's rating of 50 means only half as many injury claims as the average car. At the other extreme, injury frequencies for the Hyundai Elantra (219) and Hyundai Scoupe (216) are more than double the average.

In the low-injury group, the three top cars, all station wagons, are no longer manufactured. Neither list includes trucks or sport/utilities.

10 Best Injury Rates '93-'95

Make and Series	Rating
Oldsmobile Cutlass Ciera Wagon	39
Buick Roadmaster Wagon	40
Chevrolet Caprice Wagon	44
Chrysler Town & Country	49
Volvo 850 Wagon	50
Dodge Caravan 4WD	52
Buick Park Avenue	53
Chevrolet Corvette Convertible	53
Mercedes S Class	54
Cadillac Seville	54

10 Worst Injury Rates '93-'95

Make and Series	Rating
Hyundai Elantra	219
Hyundai Scoupe	216
Mitsubishi Mirage	188
Ford Aspire	185
Mazda MX-3 Coupe	169
Toyota Tercel 2-Door	169
Toyota Paseo	158
Mitsubishi Eclipse	156
Mercury Tracer 4-Door	154
Ford Escort 2-Door	151

News from the Crash Test Dummies

New cars get better ratings for passenger protection in frontal crashes than in side collisions, according to early results of the federal crash test program for 1997. The six compact cars, *below*, and the six midsize cars shown on *page 204* scored at least three stars on a scale of one to five stars (five being the best) in the front-end crashes.

CRASH RATINGS FOR 1997 COMPACT CARS (2500–2999 lbs.)

MAKE & MODEL		Frontal Crash Ratings Driver	Frontal Crash Ratings Passenger	Side Crash Ratings Driver	Side Crash Ratings Rear Passenger
Chevrolet Cavalier 2dr	2650 lbs.	★★★	★★★★	★	★★
Ford Escort 4dr	2547 lbs.	★★	★★★★	★★★	★★★
Honda Accord 4dr	2901 lbs.	★★	★★★	★★	★★★
Mazda 626 DX 4dr	2762 lbs.	★★	★★★★★	★★	★★★
Pontiac Grand Am 4dr	2983 lbs.	★★★	★★★★	★	★★★
Toyota Corolla 4dr	2553 lbs.	★★★	★★★★	★★★	★★★

In the side crash test, however, two compacts and one midsize received only one star for driver protection. A one-star rating means serious injury is almost certain, according to the federal safety agency that conducts the tests.

The 1997 models are the first to undergo a side crash test, in which a moving barrier rams the car at 38.5 mph to simulate a typical intersection collision between two vehicles.

continued on page 204

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*GLS model shown with available manual sliding driver-side door. Features referenced vary by model. *Excludes other GM products. 1-800-255-6537 www.silhouettevan.com*



Safety Ratings of Midsize Cars

Chevrolet Lumina drove away with the leading crash-test results among six top-selling midsize sedans this spring. The Lumina was the only four-door in the midsize group to earn a top five-star rating for driver protection in front-end crashes (see chart, *below*).

Starting at a base price of $17,495, Lumina offers a safety package that includes security rear-door locks, rear-seat safety belt comfort guides for kids and small adults, dual-mode safety belt retractors, and a power window lockout (standard on all but the base model). Front air bags are standard, as is a pass-key theft deterrent system. An integral child safety rear seat costs $195.



CHEVY LUMINA delivered solid results in front and side crash tests conducted by the federal highway safety administration.

The standard 3.1-liter V-6 engine and four-speed automatic transmission combine for a smooth power train with adequate acceleration. Lumina can carry six passengers, but three adults will be squeezed in the front seat. The backseat, although fine for youngsters, is a bit low and short for tall adults.

An upgraded LS model with leather seats, six-way power driver's seat, CD player, keyless remote entry, power trunk opener, and several other options, costs about $21,500, including freight.

CRASH RATINGS FOR 1997 MEDIUM PASSENGER CARS (3000–3499 lbs.)

MAKE & MODEL		Frontal Crash Ratings		Side Crash Ratings	
		Driver	Passenger	Driver	Rear Passenger
Chevrolet Lumina 4dr	3344 lbs.	★★★★★	★★★★	★★★★	★★★
Chevrolet Malibu 4dr	3066 lbs.	★★★★	★★★★	★	★★★
Dodge Intrepid 4dr	3254 lbs.	★★★★	★★★★	★★★★	★★★
Dodge Stratus 4dr	3144 lbs.	★★★	no data	★★★	★★
Ford Taurus 4dr	3358 lbs.	★★★	★★★★	★★★	★★★
Toyota Camry 4dr	3107 lbs.	★★★	★★★★	★★★	★★★

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ainbow Bed



Charleston Bed



Florentine Canopy Bed



Campaign Daybed

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Savory Muffins

By Julia Martinusen

Muffins taste great for breakfast, but they belong at other meals, too. By adding cheese, herbs, and other flavorful ingredients, you can transform plain muffins into something flavorful for lunch, dinner, or parties. They're perfect hot from the oven, but you can also bake ahead and reheat them right before serving.



Basic muffins are transformed into new combinations, including, clockwise from top: Tomato-Olive Muffins, Red Pepper-Mozzarella Muffins, Pesto Muffins, and Double Corn Muffins.

Basic Savory Muffins

To make bite-size muffins for snacks, bake them in 1¾-inch muffin pans for 10 to 12 minutes.

- 1¾ cups all-purpose flour
- 3 Tbsp. sugar
- 2 tsp. baking powder
- ¼ tsp. salt
- 1 beaten egg
- ¾ cup milk
- ¼ cup cooking oil

In a medium mixing bowl stir together flour, sugar, baking powder, and salt. Make a well in the center of the flour mixture. In a small mixing bowl combine egg, milk, and oil; add all at once to flour mixture. Stir just till moistened. (The batter should be lumpy.) Lightly grease muffin cups; fill ⅔ full. Bake in a 400° oven about 20 minutes or till golden. Remove the muffins from pans; serve warm.* Makes 10 to 12 muffins.

Nutrition facts per Savory Muffin: 153 cal., 6 g total fat (1 g sat. fat), 23 mg chol., 142 mg sodium, 20 g carbo., 1g fiber, 3 g pro. Daily Values: 2% vit. A, 0% vit. C, 7% calcium, 7% iron.

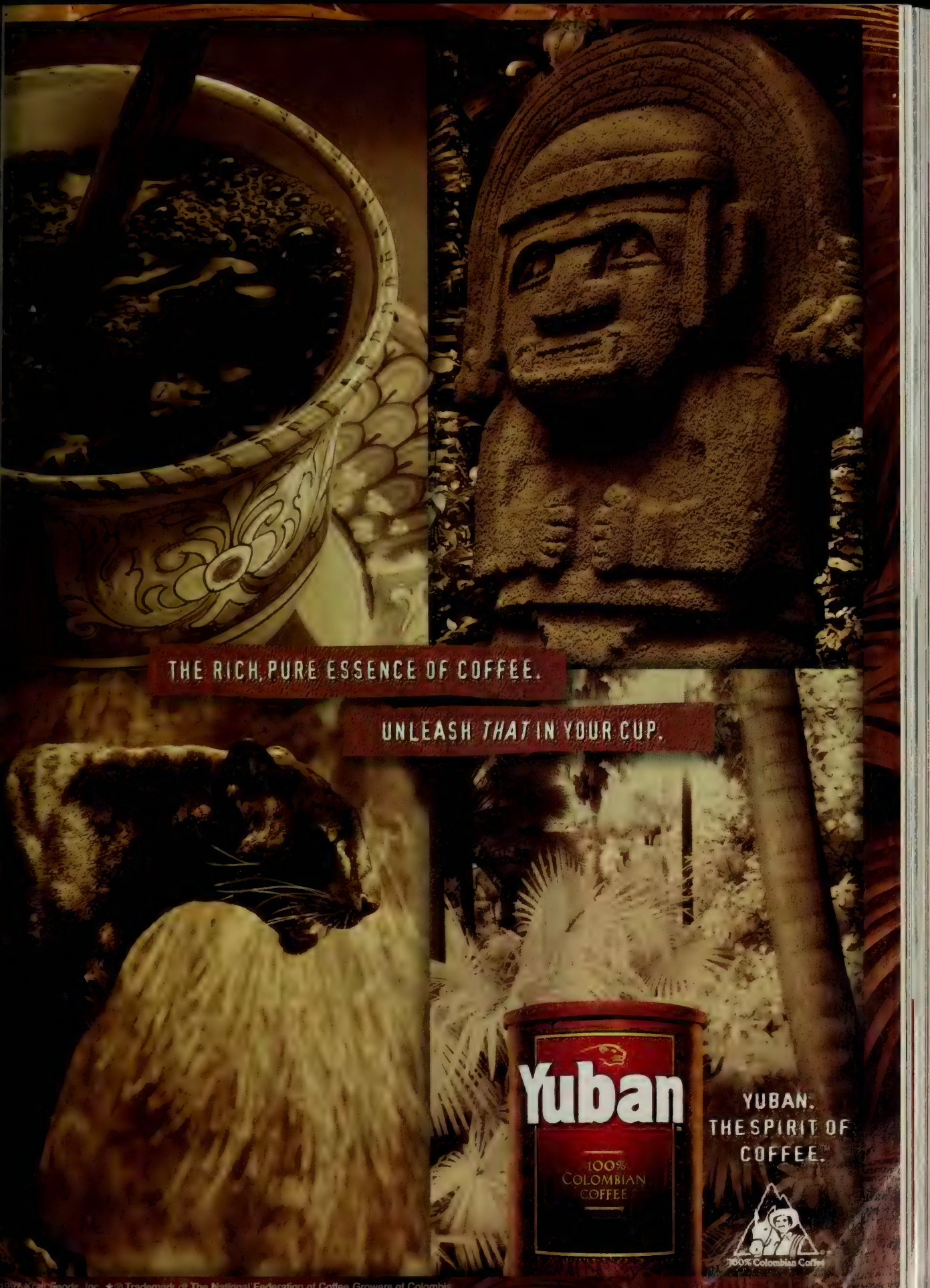
**Note:* To make ahead, tightly wrap baked muffins in heavy foil; freeze for up to 3 months. To reheat, place wrapped frozen muffins in a 300° oven and heat for 12 to 15 minutes for 1¾-inch muffins and 15 to 18 minutes for 2½-inch muffins.

Red Pepper-Mozzarella Muffins: Prepare as directed, except fold ½ cup shredded smoked mozzarella cheese, ⅓ cup chopped roasted red sweet pepper, and ¼ teaspoon cracked black pepper into batter. Sprinkle the greased muffin cups generously with cornmeal. Fill the muffin cups ⅔ full. Top the muffin batter with additional cracked black pepper before baking.

Pesto Muffins: Prepare regular-size muffins as directed, except add 2 tablespoons pesto to batter. Fill the muffin cups ⅓ full with batter, top each with 1 teaspoon cream cheese, then top with enough batter to fill each muffin cup ⅔ full.

Tomato-Olive Muffins: Prepare as directed, except use ⅓ cup olive oil instead of cooking oil. Fold ¼ cup drained, snipped oil-packed dried tomatoes; ¼ cup chopped, pitted ripe olives; and ¼ teaspoon crushed, dried rosemary into muffin batter.

Double Corn Muffins: Prepare as directed, except decrease the amount of flour to 1 cup. Add ⅔ cup yellow cornmeal; ½ cup drained, canned whole kernel corn with sweet peppers; and ½ cup shredded Monterey Jack cheese with peppers to flour.


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Fix-and-Forget Salad



SCOTT LITTLE

A bag of frozen mixed vegetables promises a garden of color without all the cleaning and cooking. These ready-to-go vegetables are the secret to this step-saving salad.

Italian Vegetable Salad

Mix the salad ahead and let the vegetables thaw in the refrigerator.

- 1 16-oz. pkg. loose-pack frozen zucchini, carrots, cauliflower, lima beans, and Italian beans
- 2 oz. provolone or mozzarella cheese, cubed (½ cup)
- ¼ cup sliced, pitted ripe olives
- 2 green onions, sliced (¼ cup)
- ⅓ cup Italian salad dressing
- 2 Tbsp. grated Parmesan cheese

In a medium bowl combine frozen vegetables, cubed cheese, olive and green onions. Add dressing; toss to coat. Cover; chill for 8 to 24 hours. To serve, top with Parmesan cheese; toss to coat. Makes 5 or 6 side-dish servings.

Nutrition facts per serving: 150 cal., 12 g total fat (4 g sat. fat), 1 mg chol., 319 mg sodium, 7 g carbo., 6 g pro., 2 g fiber. Daily Value: 6% vit. A, 49% vit. C, 17% calcium and 4% iron.



The best ham is a tender ham. Which is all the more reason to grill a steak made with CURE 81® ham. Each CURE 81® boneless ham is slow-cured in natural juices so it's always tender. Then it's individually inspected to guarantee that tenderness.

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CURE 81® ham.



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food

Just Say "Oui" to Brie



Give Brie a boost by glamorizing the subtle cheese with sublime toppings and fillings. Let your taste buds and the ideas *below* be your guide to creating impressive appetizers. No need to cut off the snowy-white rind before serving. It's edible and has a nice earthy taste.

• Add a spicy coating to the creamy, mellow cheese with a generous sprinkling of a Cajun seasoning blend. First brush the rind with 1 to 2 teaspoons olive oil, then top with the peppery-hot seasoning blend. Place cheese on an ovenproof platter; bake in a 350° oven till cheese is warm and soft, but not runny (about 10 minutes for a 4½-ounce wheel or 15 minutes for a 15- to 17-ounce wheel). Remove from oven; serve with slices of crusty bread and salsa.

• Top Brie with apricot preserves and sprinkle with chopped almonds and pecans, if desired. Place the Brie on an ovenproof platter and bake as directed in previous example.

• Slice a 4½-ounce wheel of Brie in half horizontally (freeze for 30 minutes to make it easier to slice or use unflavored dental floss to cut). Pick a filling, such as those *below*, to put on bottom half; replace top half and heat Brie on an ovenproof platter in a 350° oven for 7 to 8 minutes. Try these combinations for the filling: thinly sliced prosciutto and snipped fresh basil; smoked salmon, snipped dill, and capers; or ¼ to ⅓ cup chopped hazelnuts or walnuts tossed with ¼ to ½ teaspoon nutmeg. Serve with crusty bread and grapes for an elegant touch. ♠

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Get Jammin'

by Richard Swearinger

Preference in jam often reflects your personality. See how you match up with the two recipes offered here. For the purist craving the essence of fruit, there's Nectarine-Plum Jam. It uses a low-sugar formula so nothing comes between you and the sun-warmed taste of the fruit except a hint of lemon. For those whose preferences tend to the flamboyant, Vanilla Bean-Peach offers generous peach flavor backed up with pure vanilla and a down-home nudge of bourbon.

Whichever jam appeals to the inner you, remember that making it requires close attention to the instructions and a block of free time. Be sure to set aside at least 2 hours to make one batch.

Making jam, like baking, is more of a science than an art. Don't try to tweak the recipes, and don't attempt to make a double batch. Jam recipes must maintain a delicate balance of fruit, sugar, acid, pectin, and liquid; changing any of those can result in a jam that doesn't set properly.



Vanilla Bean-Peach Jam

Vanilla beans are found in the spice section of the supermarket.

- 5½ cups sugar
- 1 or 2 vanilla beans, cut in half lengthwise (or 1 tsp. vanilla extract)
- 2 to 2½ lb. fresh peaches, peeled, pitted, and chopped (4 cups)
- 2 Tbsp. lemon juice
- 1 1¾-oz. pkg. powdered fruit pectin
- 1 Tbsp. bourbon (optional)

In a bowl combine sugar and vanilla bean or beans, if using. Cover and leave on counter for 48 hours, stirring occasionally. In a large heavy saucepan combine peaches, lemon juice, and pectin. Cook over high heat, stirring constantly, about 5 minutes or till mixture comes to a full rolling boil (one that cannot be stirred down).

Stir in sugar and vanilla bean or beans if using.

Return to full rolling boil. (This takes 5 to 7 minutes.) Boil hard, uncovered, for 1 minute, stirring constantly. Remove from heat and carefully stir in bourbon and vanilla extract if using. Remove vanilla bean, if using, and skim off foam. Ladle at once into hot, sterilized half-pint jars, leaving ¼-inch headspace. Wipe jar rims; adjust lids. Process in a boiling water bath for 5 minutes (start timing when water returns to boiling). Makes 6 half-pints.

Nutrition facts per tablespoon: 57 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 1 mg sodium, 15 g carbo., 0 g fiber, 0 g pro.



Nectarine-Plum Jam

Look for the ripest fruit you can find.

- 2 cups chopped, pitted nectarines
- 2 cups chopped, pitted plums
- 1 1¾-oz. pkg. powdered fruit pectin for lower-sugar recipes
- ¼ cup water
- 1 tsp. finely shredded lemon peel
- 2 Tbsp. lemon juice
- ½ tsp. butter or margarine
- 3½ cups sugar

In a large saucepan mix fruit, pectin, water, lemon peel, juice, and butter or margarine; cook over medium-high heat, stirring constantly, till mixture comes to a full rolling boil (one that can't be stirred down). This takes about 5 minutes. Add sugar; return to full rolling boil, stirring constantly. (This takes 5 to 7 minutes.) Remove from heat; skim off foam. Ladle at once into hot, sterilized half-pint jars, leaving ¼-inch headspace. Wipe rims; adjust lids. Process in a boiling-water bath 10 minutes (start timing when water returns to boiling). Makes 5 half-pints.

Nutrition facts per tablespoon: 54 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 4 mg sodium, 14 g carbo., 0 g fiber, 0 g pro.

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1 cup diced pink skinned potatoes, unpeeled
1/2 cup diagonally sliced celery
1/2 cup diagonally sliced carrot
2 garlic cloves, minced
1/4 cup Bertolli Extra Virgin Olive Oil
8 cups chicken stock, fat skimmed from surface
1/4 tsp. saffron
1 cup diagonally cut French green beans (slender)
1/2 cup baby lima beans, fresh or thawed frozen
3 Tbsp. orzo (rice shaped pasta)
1 cup coarsely chopped hearts of escarole
1 cup zucchini and/or yellow squash, quartered lengthwise and cut diagonally
1/2 cup diagonally sliced asparagus spears
1/2 cup diagonally sliced scallions
1/2 cup tiny peas, fresh or thawed frozen
1/3 cup diced plum tomatoes, peeled and seeded, fresh or canned (optional)
Salt, pepper and Parmesan cheese, to taste

1. Combine potato, celery, carrot, garlic and olive oil in large broad saucepan. Cover; cook over low heat, stirring occasionally, until vegetables are tender, but not browned, about 10 min.
2. Add broth and saffron. Heat to boiling. Stir in green beans, lima beans, orzo. Cook, stirring, until tender, about 8 min. Add escarole; simmer 5 min.
3. Stir in zucchini and/or yellow squash, asparagus, scallions, green peas. Simmer just until tender and heated through, about 5 min. Add tomatoes, if using. Salt and pepper, to taste. Ladle into bowls. Serve sprinkled with slivers of Parmesan cheese. Serves 6-8.

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Wild West

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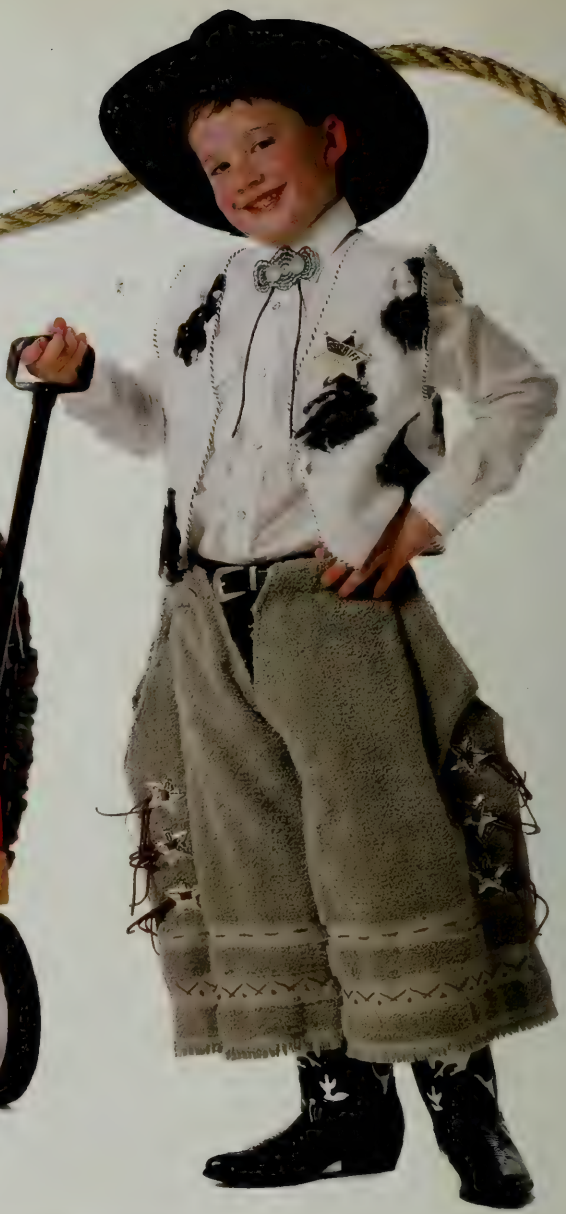
continued on page 208

BH&G kids

continued from page 207 . . .

wagons ho...





COVER YOUR WAGON

You need:

- *a wagon*
- *3 hula hoop halves*
- *rectangular tablecloth (60x80)*

Measure in 8 inches from one of the long edges of the tablecloth. Gather up four inches of fabric between the 8-inch mark and the edge (see diagram, *page 214*) and stitch along the bottom, creating

directions continued on page 214

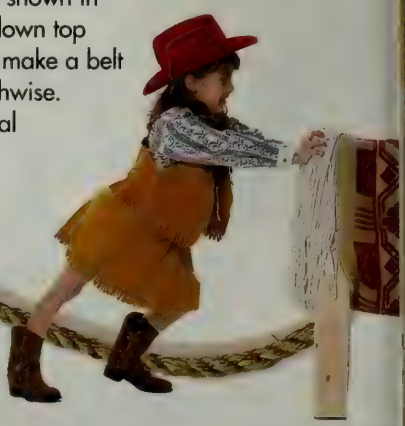
COW DUDS

For the chaps, you need:

- *bath towel*
- *6 metal conchas*
- *six 8-inch leather laces*
- *belt*
- *embroidery floss*

Cut towel in half; each half creates a leg. Trim away side triangles as shown in diagram, *page 214*. Turn down top edge 2 inches and stitch to make a belt loop. Fold each piece lengthwise. Thread leather through metal

directions continued on page 214



BH&G Kids continued on page 210



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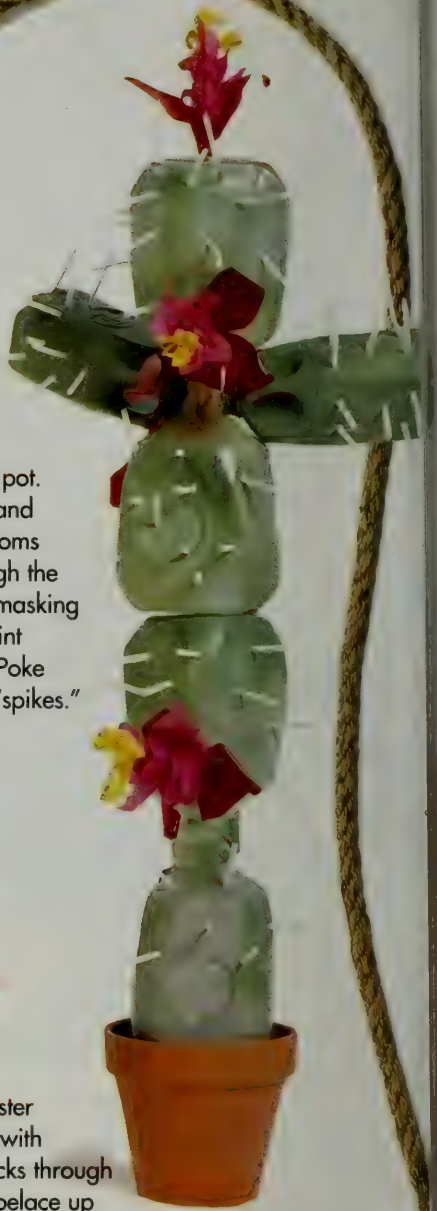
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continued from page 208



cactus



You need:

- *clay pot filled with sand*
- *plastic milk jugs*
- *green spray paint*
- *tissue paper flowers*
- *broomstick*
- *masking tape*

Place a sand-filled milk jug in the pot. Poke a broomstick into the spout and press into sand. Cut Xs in the bottoms of 3 more milk jugs; thread through the broomstick. Wrap at spouts with masking tape to hold, if needed. Spray-paint green. Add tissue paper flowers. Poke white chenille stems into jugs for "spikes."

make a bolo tie



You need:

- *small piece of white poster board*
- *crayons*
- *black dress shoelaces*
- *2 silver buttons with loop on back*
- *foil*

Cut a shape from the poster board. Color as desired with crayons. Poke button backs through poster board. Thread shoelace up through one button and down through another. Wrap ends with foil.



continued on page 212



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continued from page 210

fruit rawhide

6-oz. pkg. dried apples
1¼ cups water
¼ cup sugar

In a medium saucepan combine all ingredients. Bring to boiling; reduce heat. Cover and simmer about 15 minutes or till fruit is very tender. Drain off any liquid. Blend in a food processor. Line a 15x10x1-inch baking pan with foil. Spray with nonstick coating. Spread fruit in thin, even layer over foil. Place in 300° oven for 35 minutes. Without opening door, turn off oven and let dry overnight. Lift foil and fruit leather off pan. Remove leather from foil. Roll up and wrap in waxed paper. Will keep in refrigerator up to 3 months or in freezer up to 6 months.



happy trail mix

2 cups honey graham cereal
1 cup tiny marshmallows
1 cup peanuts
½ cup semisweet chocolate pieces
½ cup raisins

Combine all ingredients. Store in closed plastic bag or covered container. Makes about 5 cups.

see y'all next month!



continued on page 214



Pack one of these into your kid's lunchbox.

Right about now, she's opening her lunchbox and looking at the Jell-O® snack you packed for her. You can almost hear her giggle.

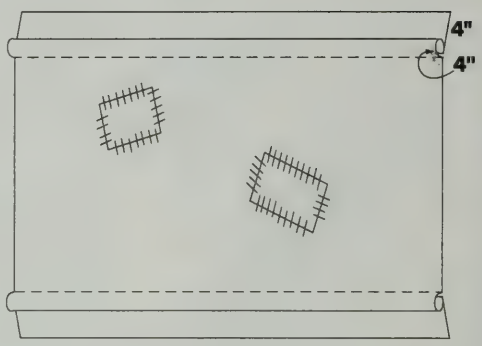


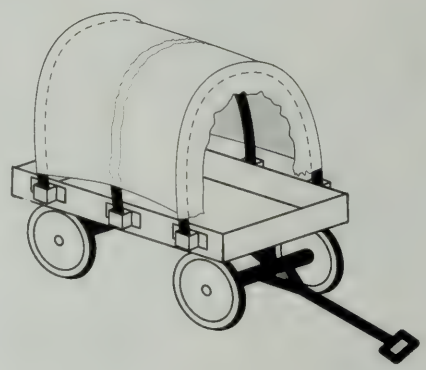
JELL-O BRAND

continued from page 212

directions continued from page 208

a 2-inch "tunnel" to push the hula hoop through, leaving a 4-inch flap on the edge. Repeat on other long edge of the cloth. Push a hula hoop half through each tunnel. Insert a third hula hoop half into the middle brackets on the wagon. (If your wagon does not have brackets, attach with duct tape.) Lay the fabric over that hoop, inserting the ends of the first two hoops into the wagon brackets (or securing with duct tape).





directions continued from page 208

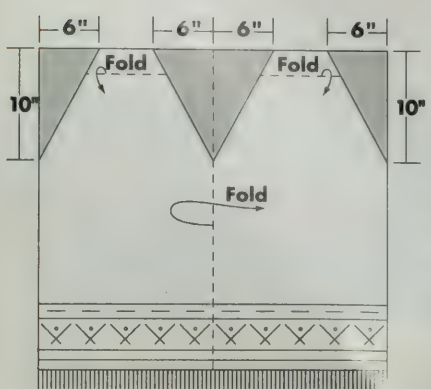


conchas. Stitch conchas in place through both thicknesses. Embroider design on towel flatribbing, if desired.

For the vest you need:

- *white sweatshirt*
- *black acrylic or fabric paint*
- *black embroidery floss*

Cut away sleeves, collar, and waistband of sweatshirt. Cut down front middle and shape as a vest. Turn sweatshirt inside out; paint cow splotches. Whipstitch around edges with embroidery floss. ⌂



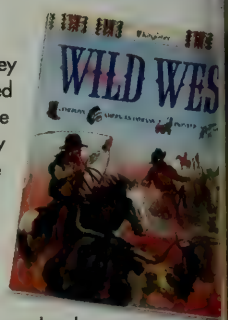
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reader shopping



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Buying Guide

continued from page 96

800/423-5881. **Red pillow fabric,** "Srinigar" (Garnet, 34)—available through designers from Covington Fabrics Corp. (address above). **Roman shade,** (Mesh Natural, 123)—Smith & Noble Windoware; 800/248-8888. **(*Top right*): wall bed, bookcases, and desk**—Techline, P.O. Box 5249, Madison, WI 53705; 800/356-8400; http://techline-furn.com. **Drapery fabric,** "Srinigar" (Gold, 81)—available through designers from Covington Fabrics Corp. (address above). **Zuni cow on shelf,** F1196X—Metropolitan Museum of Art; 800/662-3397. **Coverlet fabric,** "Royal Damask" (Ivory), 645832—Waverly; 800/423-5881. **(*Bottom right*): cabinetry**—The Ultracraft Co. (address above). **Shower system, fixtures, and faucets**—American Standard, Inc., 1 Centennial Plaza, Piscataway, NJ 08855-6820; 800/223-0068. **Lighting**—Progress Lighting, P.O. Box 5704, Spartanburg, SC 29304; 864/500-6000; http://www.progresslighting.com. **Tile**—TileCera, 300 Arcata Blvd., Clarksville, TN 37040; 800/256-7924.

Page 144: exterior insulating finish system—Simplex Products Div./Finestone (address above). **Chimney cap**—Stone Legends (address above). **Stained concrete floor, decorative concrete walls and patio**—Increte Systems, Inc. (address above). **Patio furniture**—Smith & Hawken, P.O. Box 6900, Florence, KY 41022-6900. **Plantings on patio**—Altum's Horticultural and Gardens, 11335 N. Michigan Rd., Zionsville, IN 46007. **Exterior molding**—Stone Legends (address above). **Carpet,** "Cabello II" (Hemp)—Karastan (address above). **Radiant-floor heating system**—Heatway, 3131 W. Chestnut Expressway, Springfield, MO 65802; 800/255-1996; http://www.heatway.com.

YOUR FAVORITE RANCH

Page 147 (*bottom*): windows—Marvin Windows & Doors, P.O. Box 100, Warroad, MN 56763-0100; 800/346-5128.

Pages 148–149: coffee table (Antique Pewter)—Vanguard Furniture, P.O. Box 2187, Hickory, NC 28603. **Pictures on mantel,** "Music One & Music Two"—Bombay Co., P.O. Box 161009, Fort Worth, TX 76107-2111; 800/829-7789. **Throw on wing chair**—Textillery Weavers, P.O. Box 3190, Bloomington, IN 45402.

Pages 150–151 (*left*): area rug "Tree of Life"—Karastan-Bigelow, P.O. Box 27050, Greensboro, NC 27425-7050; 800/234-1120. **Wing chair and ottoman**—Woodmark, High Point, NC 27261; 910/841-4900. **Coffee table**—Ethan Allen, Inc., P.O. Box 1966, Ethan Allen Dr., Danbury, CT 06813; 800/228-9229. **(*Top right*): area rug,** "Williamsburg"—Karastan-Bigelow (address above). **Corner cupboard**—Statton Furniture Mfg. Co., 504 E. First St., Hagerstown, MD 21740; 301/739-0360. **(*Bottom right*): cabinets,** "Prestige" (Cherry)—Sears; for store locations call 708/286-5188. **Ladder-back chairs** (Cherry)—Superior Furniture, 318 E. Main St., P.O. Box 130, Lowell, MI 49331; 616/897-9285. **French door**—Pease Ind. Inc., 7100 Dixie Hwy., Fairfield, OH 45014-8001; 800/543-1180. **Brass umbrella stand, basket on counter**—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020; 800/447-4371.

Page 152 (*top left*): teak chair and table—Lexington Furniture Ind., P.O. Box 1008, Lexington, NC 27293-1008; 800/544-4696. **Mug on table**—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020; 800/447-4371.

FRESH FROM THE MEDITERRANEAN

Pages 166–167: saffron plate, "Cucina Fresca"—Vietri, Inc., P.O. Box 460, Hillsborough, NC 27278; 800/277-5933.

Page 169: salad plate—Romancing Provence, Ltd., 109-80 180th St., St. Albans, NY 11433; for a retailer near you call 718/658-6800.

Page 171 (*top*): saffron pasta bowl, "Cucina Fresca"—Vietri, Inc. (address above).

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Page 199 (*left*): white dessert plate, "White Silk"—Mikasa, 1 Mikasa Dr., Secaucus, NJ 07096-1549; 800/833-4681. **(*Right*): white plate,** "Laurel Leaf"—Fishs Eddy, 889 Broadway, New York, NY 10003; 212/420-9020.

READER SHOPPING

Page 100: Star Gazer Lily Collection—Van Bourgondien Brothers, 245 Rt. 109, Babylon, NY 11702.

Page 214: *Wild West* Book—Larousse Kingfisher Chambers, Inc., 95 Madison Ave., New York, NY 10016. **Horse Tire Swing**—Wildlife Creations, Inc., 665 Uniontown Rd., Phillipsburg, NJ 08865.

Architects & Designers

SMALL WONDER

Pages 137–144: architect—Duo Dickinson, 94 Bradley Rd., Madison, CT 06443; 203/245-0405 **Home plans**—Duo Dickinson (address above). **Builder**—Shamrock Custom Builders, 11739 Tidewater Dr., Indianapolis, IN 46236; 317/823-1090. **Landscape design**—A-Jay's Nursery, Inc., 2250 N. Mitthoeffer Rd., Indianapolis, IN 46229; 317/897-8431.

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Pages 147–152: builder—Thomas Bailey, B&B Construction, 203 Chariss Ave., Hillsboro, OH 45133; 937/393-4604. **Brickwork**—Walter Shoemaker, Walter Shoemaker Construction and Masonry, 213 Chariss Ave., Hillsboro, OH 45133; 937/393-2408. **Interior design**—Pati Kersey, David Adair Interiors, 113 N. South St., Wilmington, OH 45177; 937/382-0961.

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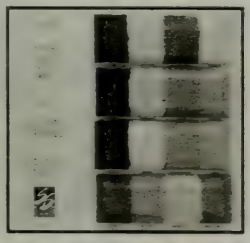
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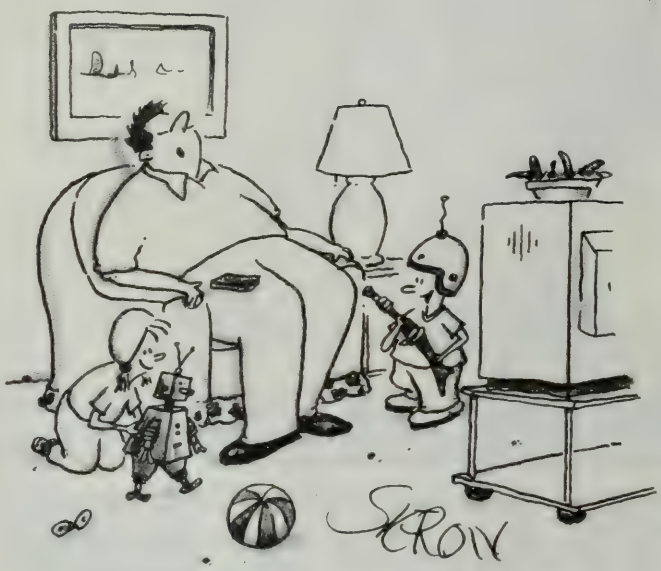
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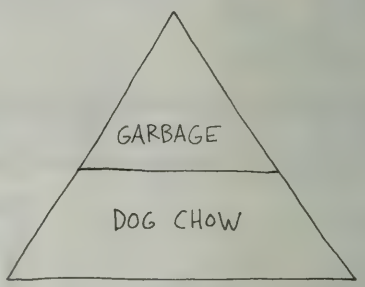
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AUGUST 1997



"Don't worry about Dad. The only way we can wake him up is by turning off the TV!"



The food pyramid for dogs.

Congressman Nick Hanfli wants to introduce a bill making a person's name temporary until age 18, when he or she can confirm the moniker or legally change it. The proposal is the idea of his old friend, Warren Peace.

Isabel Norman recently remarked about a certain haughty person in the neighborhood: "I'd like to buy him for what I think he's worth and then sell him for what HE thinks he's worth!"

Bill Norman reports that he used to complain when it took his wife 20 minutes to fix breakfast, but now he gets to do it himself in five minutes flat.

Lee Bayless tells his children, sure, they can have their own credit cards—just as soon as they get their own paychecks.

Ken Floyd thinks all the buzz about the computer networks is just the standard excitement any new fad generates and is destined to fade. "If you don't believe me," he says, "just call me on your CB radio."



Burt Junior was feeling philosophical the other night and asked me if practice makes perfect, then why is he still such a poor liar?

After eating out with friends last week, I realized the real reason restaurants serve smaller portions to children is so the waiters and waitresses won't have as much to clean up.

Burton Hillis

R HOMES AND GARDENS
September

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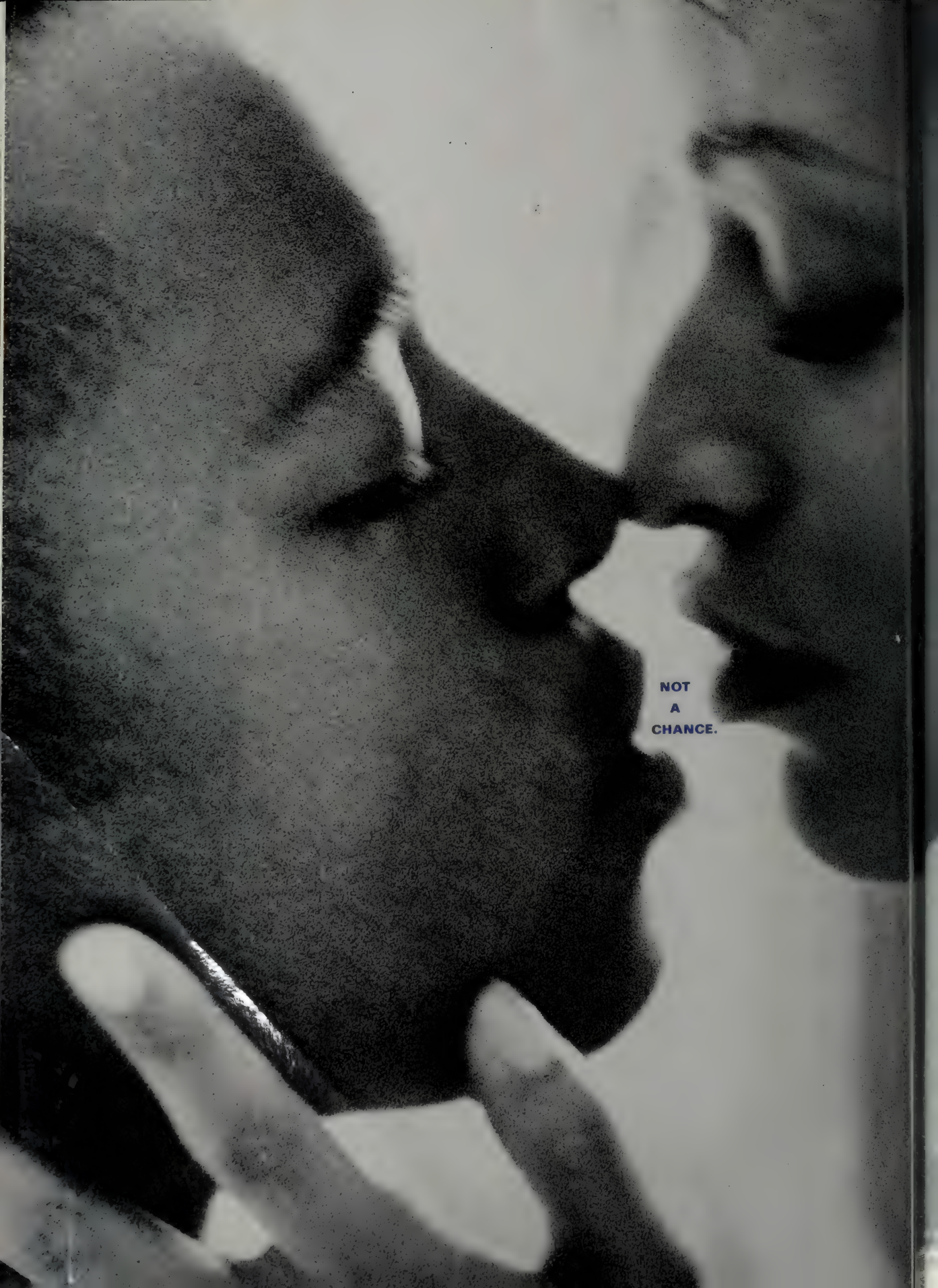
grant, no-fuss flowers
like grandma's p.137

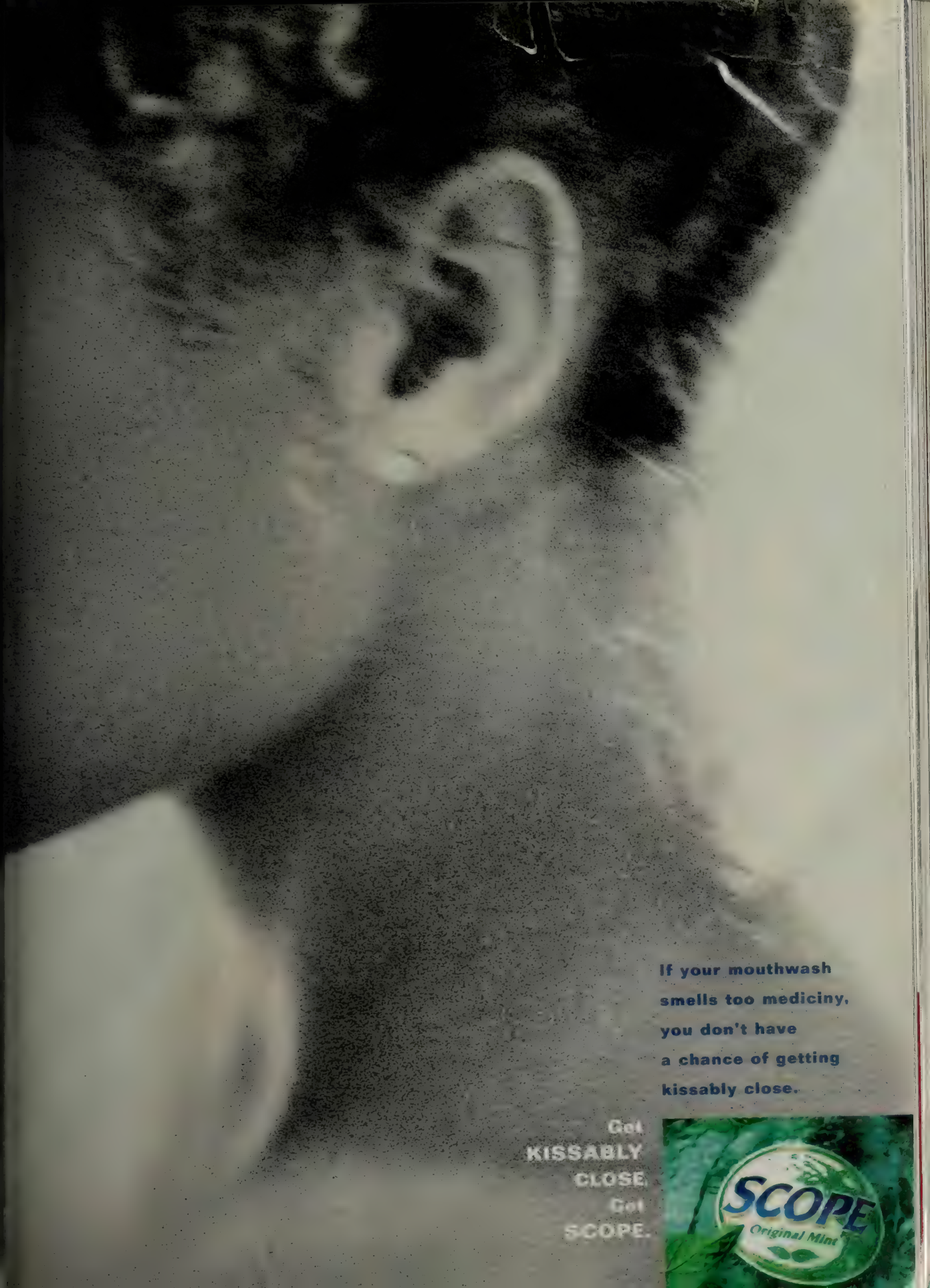
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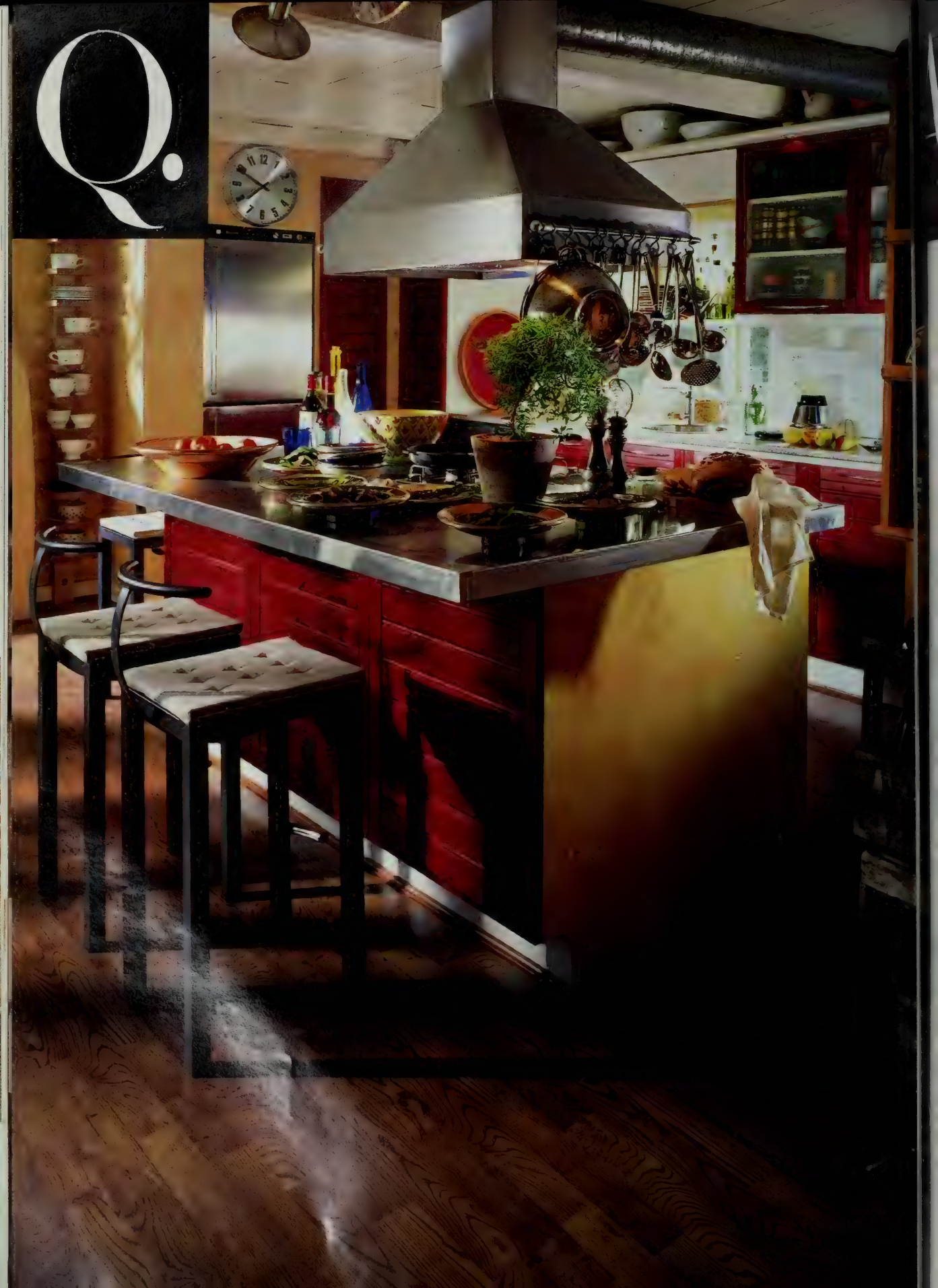
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Spring Hill, Fla.

Sharing Family History

Now that my parents and grandparents are gone, there are many questions I wish I'd asked them about our family history. When a grandson who'd never lived in our area joined the Army, I filled letters to him with incidents from his mother's childhood and family anecdotes from as far back as I could remember.

Martha Haas
Deming, N.M.

Housework More Fun

Before I begin my weekly housework, I check out audiotapes from the library. Through these tapes I've



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learned how to increase my productivity, how to improve relationships, and how to speak conversational French, Spanish, and Italian. Time just flies by!

Monique Littlejohn
Santa Barbara, Calif.

Making Friends Before the Move

We were moving in a month, and our daughter was upset about leaving her best friend and the only home she'd ever known. My husband and I asked the people we were buying the house from to give us the names of little girls in the neighborhood who were about our daughter's age. We sent her photograph to these soon-to-be friends, told them a little about her, and asked that they do the same. Our daughter had fun corresponding with them and was relieved to know she'd already made friends in our new neighborhood.

Cheryl Miller
Cleveland, Ohio

Color-Coded Name Tags Simplify Heritage

When planning our family reunion, we found an old photograph of the 12 "original" family members, who were teenagers at the time the snapshot was taken. They were now in their 70s and 80s and hadn't come together for 20 years. We had the photo restored, made a new negative, and had a picture made for each branch of the family. We also made

continued on page 18

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Family Network

continued from page 17

photocopies and hung them in the party room. On the photocopy, we assigned a color to each of the 12 family members, and color-coded nametags for their descendants who were at the reunion.

Barbara Brewster
Middletown, Md.

Mom Makes Preschooler His Own Phone Book

When my 4-year-old became interested in talking on the telephone, we created a child's telephone directory. Tyler and I took photos of every relative's home, the police department, the fire department, the hospital, and his father's workplace. After developing the pictures, we glued each to a sheet of construction paper and wrote the phone number under the corresponding picture. The papers were bound together with yarn. With our permission, he could phone various family members, which made him feel important.

Stephanie V. Pritchett
LaGrange, Ga.

Mom Saves Vacation For Kevin's Week

As a working single mother, I find there's not enough time to spend with my son to do the things we'd like. So I save up one week of vacation to spend at home with my son at the beginning of summer. To prepare for Kevin's Week, my son makes a list of things he'd like to do with me, like roller blading, putting together a puzzle, sharing an ice-cream sundae, riding bikes together, playing a board game, going to the beach, visiting New York City, and going to a movie.

Lynne Morehouse
Nesconset, N.Y.

Wedding Shower Gift: Decorations for All Holidays

My sister became engaged more than a year before her wedding date, so I've been buying holiday decorations for her when they go on sale after each holiday. By the time we throw her a shower, I hope to have one item for each holiday that I'll wrap in the appropriate wrapping.

Catherine Fraser
Monroeville, N.J.

Remembrance Book Helps Alzheimer's Patient

I made a family photo album for my husband's mother, who has Alzheimer's disease. Mom's book, which even includes her baby picture, has influenced many people to make return visits to her at the nursing home so they could again "travel" with her through life via these precious photographs.

Shari S. Van Enkevort
Tacoma, Wash.

Fun Etiquette Lessons At Family Dinners

Every year our family chooses a night to hold a formal dinner with a strong emphasis on etiquette. Everyone dresses up, and we use our best dishes and silverware for a five-course meal. Beforehand, we discuss manners in general and perhaps something in particular we've noticed that needs work. One child acts as host or hostess to learn to keep a conversation going and to make sure the "guests" have what they need. After the main course, we adjourn to the living room for some dancing before enjoying dessert.

Denise Cook
Richfield, Utah

Write to Us

Do you have an innovative solution to a problem in your family, neighborhood, or community? Family Network would like to hear from you. Write to: Family Network, *Better Homes and Gardens®*, 1716 Locust St., Des Moines, IA 50309-3023. Please keep replies to 100 words or less. Letters may be edited for space. All letters become the property of *Better Homes and Gardens®*. We will pay $50 for each idea published, if you provide your Social Security number.

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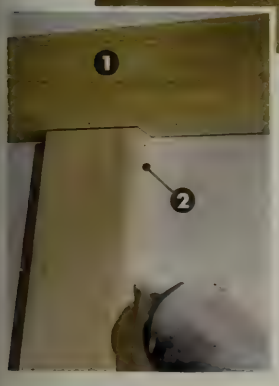
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Add-On Architecture

by Catherine Kramer



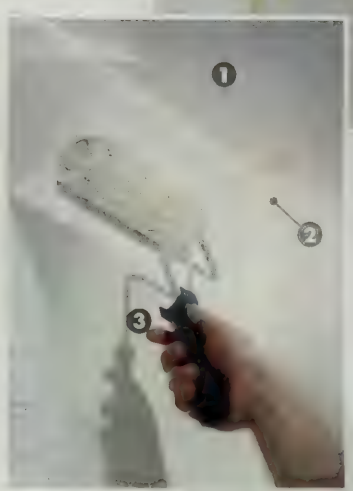
Even if your home wasn't blessed with great bone structure, you can give ordinary rooms a quick facelift with these simple woodworking projects.



Raising your sights Add high drama to a breakfast nook with an easy paneled wall treatment. Taken two-thirds of the way up the wall, the vertical boards visually "lift" the ceiling while the shadow lines add dimension. Attach a 1×6 baseboard with 2-inch finishing nails, then add quarter-round molding at the floor line. From 1×3 lumber, cut enough boards to space vertically at even intervals of 12 to 16 inches. A level will help you align the boards. If there is no wall stud to nail into, attach the boards with construction adhesive and screws. Finish with a 1×4 trim board as shown at *left* (1). Fill nail holes and cracks with caulk (2). Prime, then add two coats of semigloss latex paint.

continued on page 22

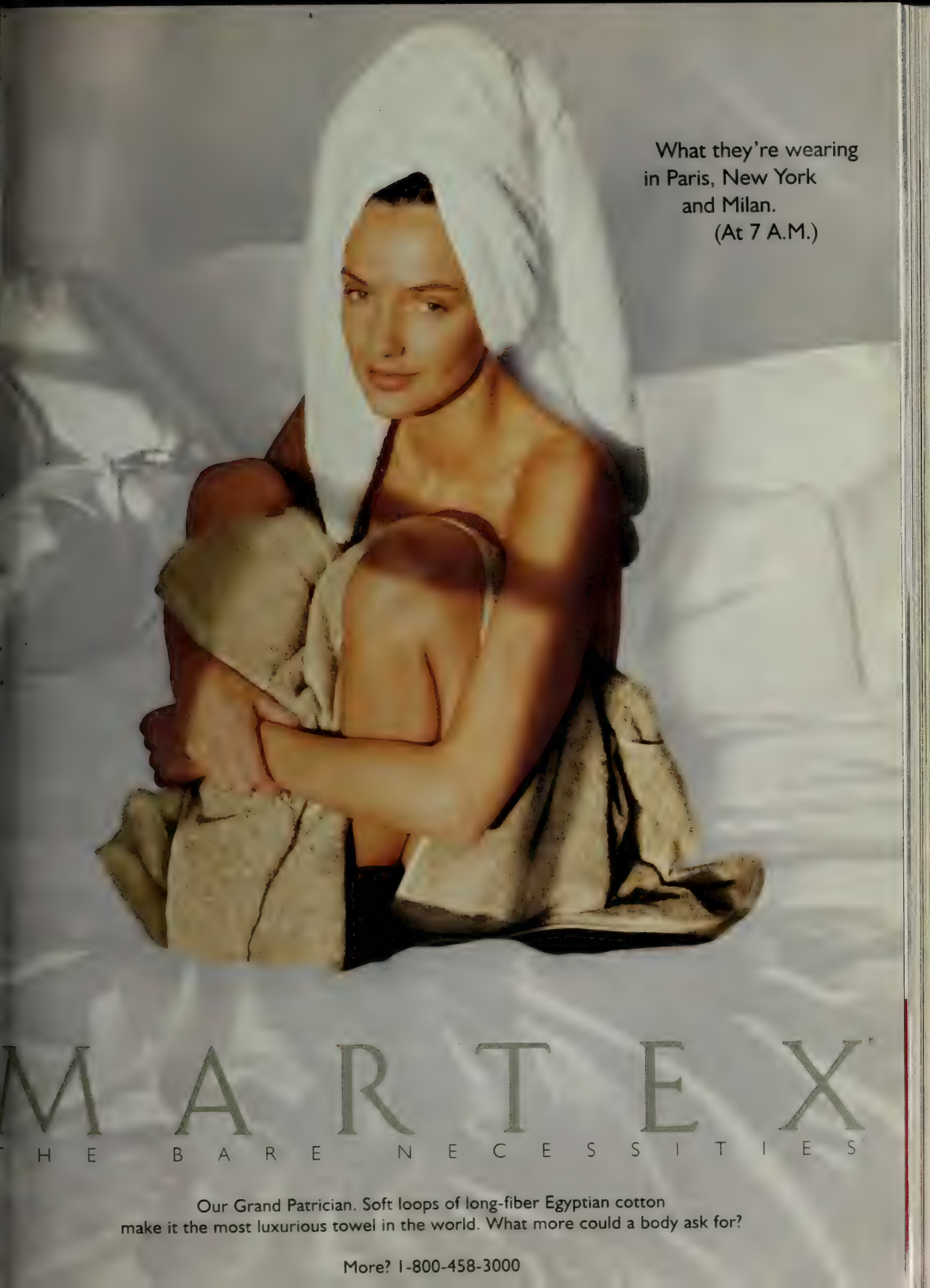
continued from page 21



A little relief

Ceilings can suffer from the same blahs as bland walls. For a quick cure, embossed papers simulate the look of old-fashioned tin ceilings while adding textural interest. Extending the paper onto the wall creates the illusion of added height. Following manufacturer's directions, apply paper to ceiling (1) and top 12 inches of wall (2) as shown *at left.* When dry, roll semigloss latex paint (we used pearlized silver) to cover paper (3). Hang angled crown molding or flat plate-rail molding to hide the paper's bottom edge. We chose lightweight plastic molding with an attached top shelf. Miter the corners using a compound miter saw. Then nail the molding directly to the wall. To finish, caulk nail holes and cracks and cover with semigloss paint.

continued on page 24


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continued from page 22





Fireplace by the foot

Even without a fire, a mantel adds a heart-warming focal point to any room. You can buy individual molding pieces at the lumber yard or purchase a custom-fit mantel kit. To fool the eye and add "depth," paint the wall inside the "fire box" a dark color as shown *at left* (1). Using a pencil and a level, mark the location for the pilasters' concealed mounting boards (2) and secure with 3-inch flathead screws or hollow-wall anchors. Attach pilasters to mounting boards by screwing through the sides (3). Attach the mantel by using a horizontal mounting board. To finish, caulk screw holes and cracks, then prime and paint moldings.

continued on page 28


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wrangler
W
for women

continued from page 24





Through the looking glass

As in the storybook tale, this shuttered mirror creates the illusion that you could step right through it into another dimension. The effect, in a small space such as this entryway, is added light and a sense of spaciousness. To make this project, purchase louvered doors at a home center or lumberyard. Hinge them, as shown *at left* (1), to a mirror frame you construct from 2×4 lumber (2). A glass dealer can cut the mirror to fit the frame size you choose (3). For complete project instructions, see *page 38*.

Buying information, page 84

INTRODUCING

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Melanie is wearing Age Defying Makeup in Natural Beige, Age Defying Smoothing Powder in Natural Beige/Cool Beige and Age Defying Eye Color in Ecru and Cedar. ©1997 Revlon

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To create a monogram-etched mirror, trace letters onto vinyl and cut out. Brush on etching cream (available at crafts stores or in our kit, see *page 38*). Allow to set for five minutes, then wash off. Remove vinyl.

To the Letter

Nothing stamps a room with your personal imprint better than a monogram. Once reserved mainly for clothing and table and bed linens, monograms are now appearing in less predictable places in the home. Etched onto mirrors, fashioned into door banners, and appliquéd onto slipcovers and decorative pillows, monograms take away all guesswork as to who lives here. The monograms shown on these pages are easy to make. Look for letter styles in commercial alphabet books (at bookstores or art-supply stores), magazines, or computer-font software. If the letters are too small, enlarge them on a copy machine. As displays for your handiwork and identity, monograms personalize any space with signature style.

by Rebecca Jerdee and Candace Manroe

continued on page 32

PHOTOGRAPHS: KING AU. DESIGN: JIM WILLIAMS

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To the Letter

continued from page 30



To make the monogram, fuse iron-on interfacing, such as Pellon Heavy Duty Wonder Under, to the back of monogram fabric. Place monogram pattern upside down on interfacing. Trace and cut out. To fuse monogram to slipcover panel, gently peel paper backing from monogram and position letters on panel. Cover with damp press cloth (*above*). With iron set at wool setting, press firmly for 15 seconds.

Slipcovers and monograms have always been familiar guests at the dining table, but rarely have the two teamed up. This coral slipcover adds color and personalizes the chair with a monogram that's easy to apply, thanks to iron-on interfacing. To make the cover *above*, cut fabric to seat dimensions plus 6 inches on the front and sides. Turn under and stitch a narrow hem. Trim with cord. Cut four 3×18-inch strips for ties; sew long sides and one end of each with right sides together. Turn and stitch raw ends to slipcover back. To make monogram panel, cut a 7-inch square from contrasting fabric. Turn and sew a narrow hem. Trim with narrower cord and tassel. Attach monogram (*above right*) and hand-stitch to slipcover.

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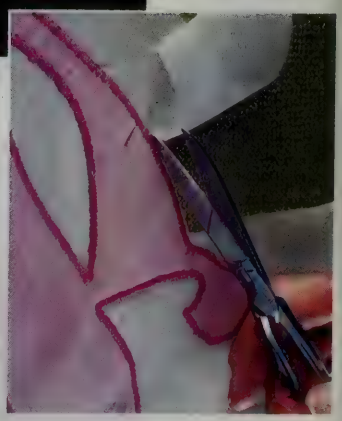

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To the Letter

continued from page 32



After fusing the monogram to the unsewn pillow front, pin a piece of off-white organdy over it. Machine appliqué or zigzag stitch around the monogram. Trim the organdy so that only the monogram is covered, as shown *below.*



Decorative pillows are one of design's little treasures, introducing instant color and pattern to furniture without much expense. Embellished with a monogram, they also plant personality wherever they're plopped. To make the pillow *above*, cut two 14×20-inch pieces of even-weave silk and fuse the back of each with fleece for added strength. Follow the directions on *page 32* and *at right* for cutting and fusing a monogram to the unsewn pillow front. To assemble the pillow, pin the fabric pieces with right sides together, adding decorative fringe and cording if desired. Stitch around all sides, leaving a 4-inch opening. Turn, then stuff the pillow with polyester fiberfill. Stitch the opening closed.

continued on page 36

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To the Letter

continued from page 34



Trace your letter onto cardboard or foam board, then cut it out. Using a hot-glue gun, attach rosebuds to cover the letter, beginning with the outline and then filling in the middle. The number of rosebuds you'll need depends on your letter size. We used 400 to 500 buds for this 18-inch monogram.



Cottage charm comes knocking at any door decorated with a banner-size monogram made of miniature dried rosebuds. This door decoration is one of the simplest monogram projects to make. The only materials required are corrugated cardboard or foam board for the base, enough dried miniature rosebuds (available at crafts stores) to cover the letter, glue, and a hot-glue gun. To ensure visibility and maximum drama, be generous when sizing your letter—especially if you plan to display the monogram on a protected exterior door. Also, search for a curvy letter style to enhance the romantic appeal of the rosebuds. But avoid a letter with too many skinny areas that won't show off the roses and may break off.

Buying information, page 84

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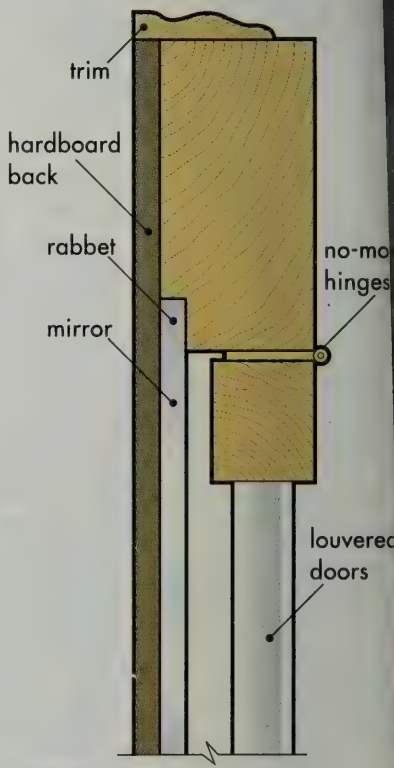
Monograms

You can duplicate the glass-etching technique used to monogram the mirror shown on *page 30* with a **Glass Etching Starter Kit** from Armour Products. The kit contains a 1.5-ounce bottle of Armour Etch cream, 25 assorted stencils, a camel-hair brush, an applicator stick, a piece of practice glass, and illustrated instructions. The price of the kit is $21.95, which includes shipping, handling, and applicable sales tax.

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SHUTTERED MIRROR PROJECT



To make the mirror frame, rip 2×4 lumber to 3 inches wide to eliminate rounded edges. Cut a ½-inch rabbet ¼ inch deep to accept the mirror, as shown in the drawing (*above*).

To determine the size of the frame opening, place louvered doors side by side and measure their height and combined width. Make frame opening ¼ inch taller and ⅜ inch wider than those measurements. Miter corners and assemble frame with glue and finishing nails. Cut a hardboard back to match overall frame dimensions. Attach a mitered-corner wood trim (ours is 1⅜ inches wide) around frame with glue and brads. As shown, this trim is offset to conceal edges of hardboard back. Prime and paint doors and frame assembly, then attach doors with 3-inch no-mortise hinges. Place custom-cut mirror in frame opening. Nail back to frame, then nail unit to wall, hitting studs for security.



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By Linda K. Franks, M.D.

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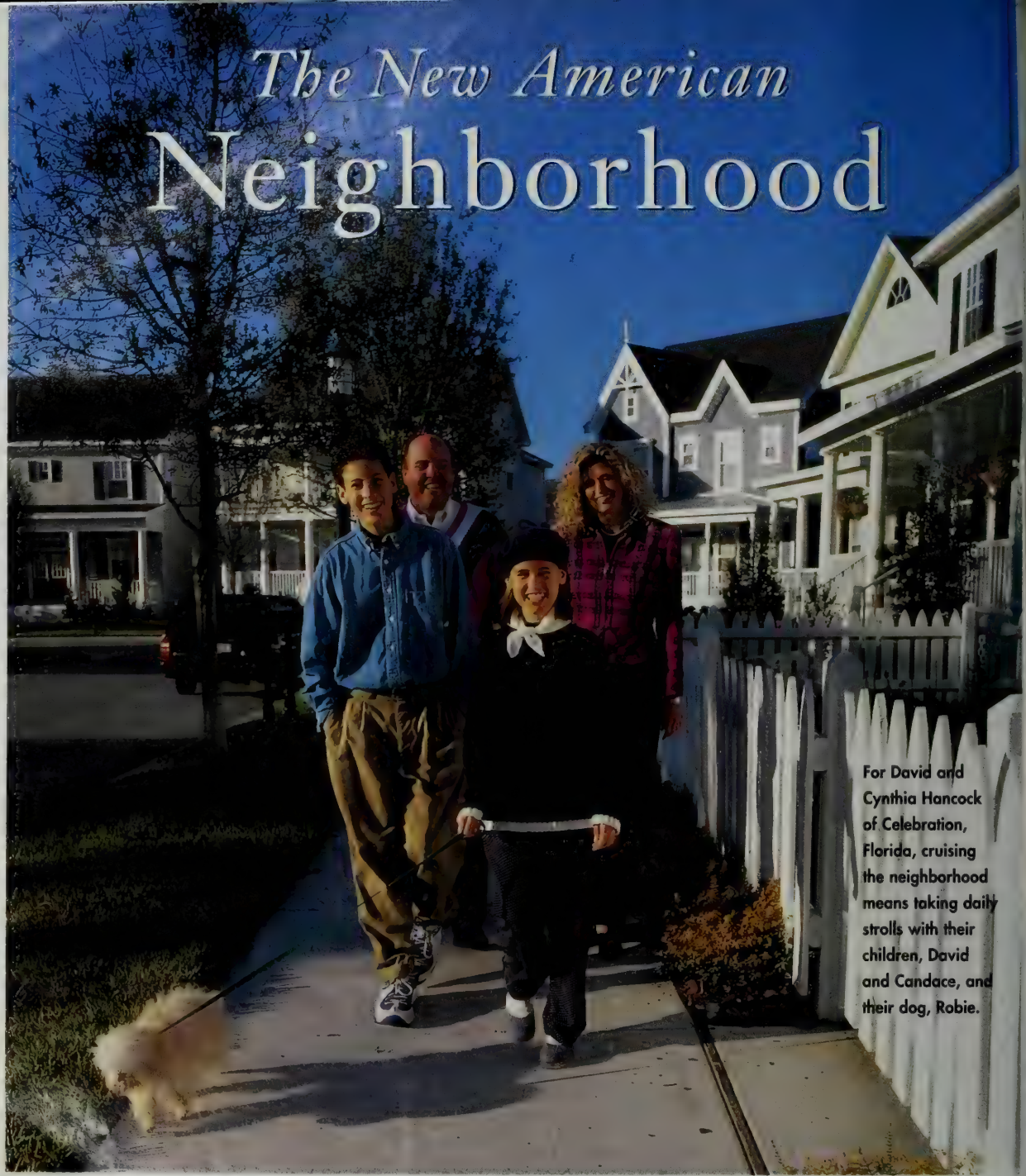
Time-Off Revitalizer is gentle enough even for sensitive skin. It's formulated at a non-irritating pH level and is hypo-allergenic and fragrance-free. **In the Almay Cosmetics Section.**

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The New American Neighborhood



For David and Cynthia Hancock of Celebration, Florida, cruising the neighborhood means taking daily strolls with their children, David and Candace, and their dog, Robie.

by William L. Nolan

Mosey down the street in the new town of Celebration, Florida, and you're likely to meet the Hancocks—unless, that is, you're driving. At least once a day, Cynthia and David and their two children, David and Candace, take their dog Robie (short for Robespierre) for a leisurely stroll. They also walk to the grocery store, the cinema, the ice-cream shop, the city park, the post office, the church, the doctor's office, and to all their friends' houses, all of which are just a short stroll away. In fact, about the only workout the family car gets is a daily commute to David Sr.'s office in Orlando. "We love the small-town atmosphere here," says Cynthia. "It reminds me of the town where I grew up."

continued on page 44

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Neighborhood



Shops, apartments, and public buildings overlook a lakeside promenade in downtown Celebration, Florida.



Sidewalks, picket fences, and front porches encourage neighborly encounters in the residential areas of Celebration. Housing styles echo classic designs of days gone by.

Communities like Celebration are popping up in various parts of the country (see a partial list of these new towns on *page 56*), but most of us live in or near large cities where daily routines depend on the automobile. In many of these areas the pressures of urban growth are eroding the neighborliness and peace and quiet that drew us to set roots there in the first place.

Many of us long for a return to the days when the quality of a community was gauged by its friendliness rather than by how well it accommodates traffic, by how many specialty stores line the walkways of its regional mall, or by how rapidly its economic base is expanding. There is a hunger for places where errands are more likely to be done walking than driving, where you know the neighbors up and down the street, and where a "jam" is something you enjoy.

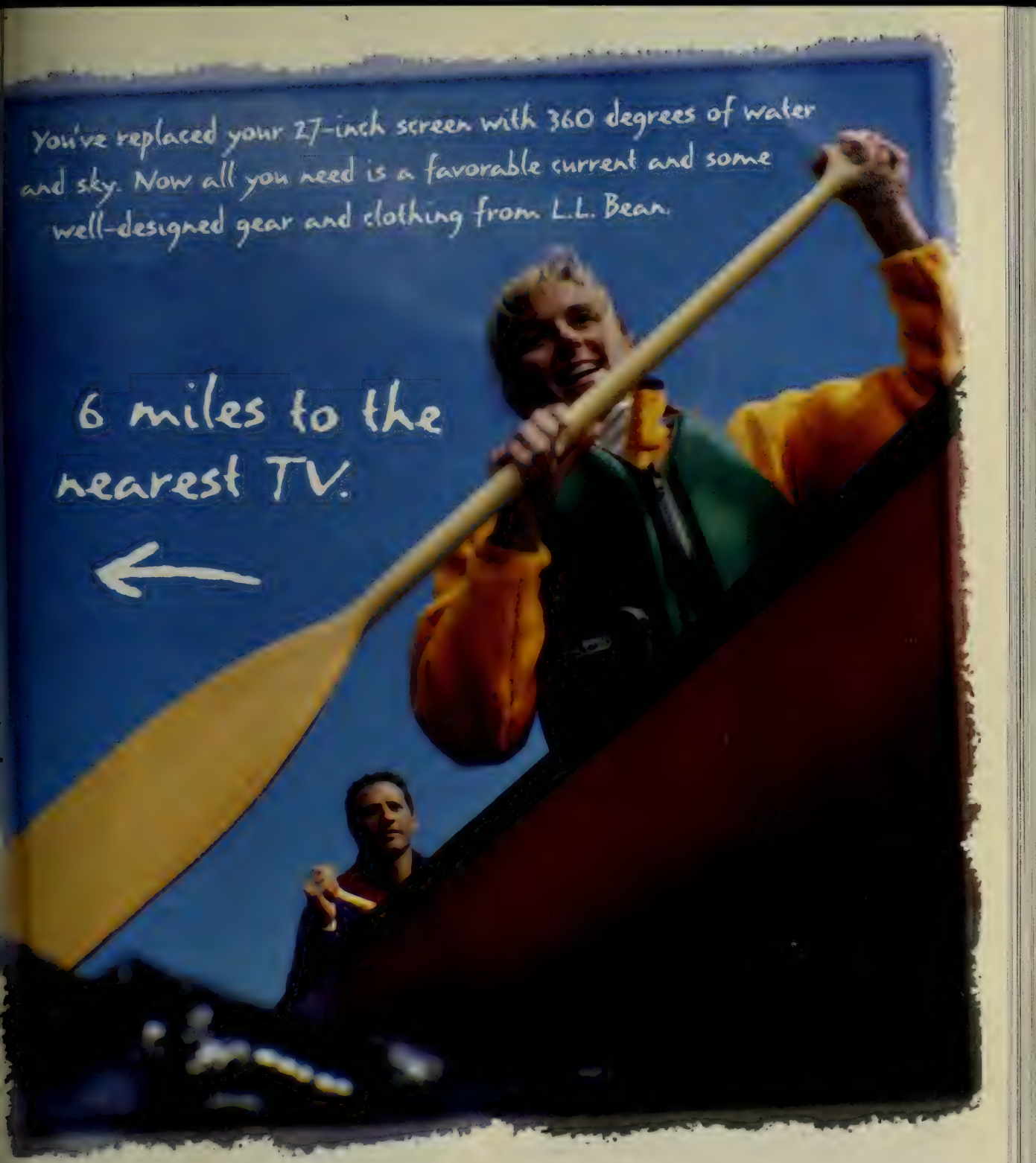
Don't confuse this with nostalgia. This desire for tranquillity is not about seeking retreat in some myth of a bygone Golden Era. Instead, it's a simple longing to mute the stresses, noises, and irritations of our hectic city lives.

What the experts tell us

Celebration represents one type of strategy that today's urban-planning experts have adopted to combat sprawl and make our communities more people-friendly. "We've been building great houses but lousy communities," says Peter Katz, a leading proponent of urbanist reform. Cynthia and David Hancock agree. They moved to Celebration from a typical suburban community in which most of the houses were spaced far apart on large lots, and where even the smallest errand meant piling into the car. "Our children went to separate schools 30 minutes away," says Cynthia, "and none of their friends lived near us."

Most urbanists believe that the best defense against sprawl is a strong sense of community. To be healthy, a town needs an identifiable, physical heart or core—something many of our suburbs and some of our inner-city communities lack. "Neighborhoods today need to have diversity," says Peter Calthorpe, another leading proponent of urbanist reform, "such as cafes, recreation, and casual social encounters. Suburbs aren't just about bedrooms anymore." Typically, suburbs lack heart-of-the-community features such as central business districts and public buildings such as city halls or libraries. But, those that are built on a neighborhood scale may at least center upon public parks, school campuses, or

continued on page 46



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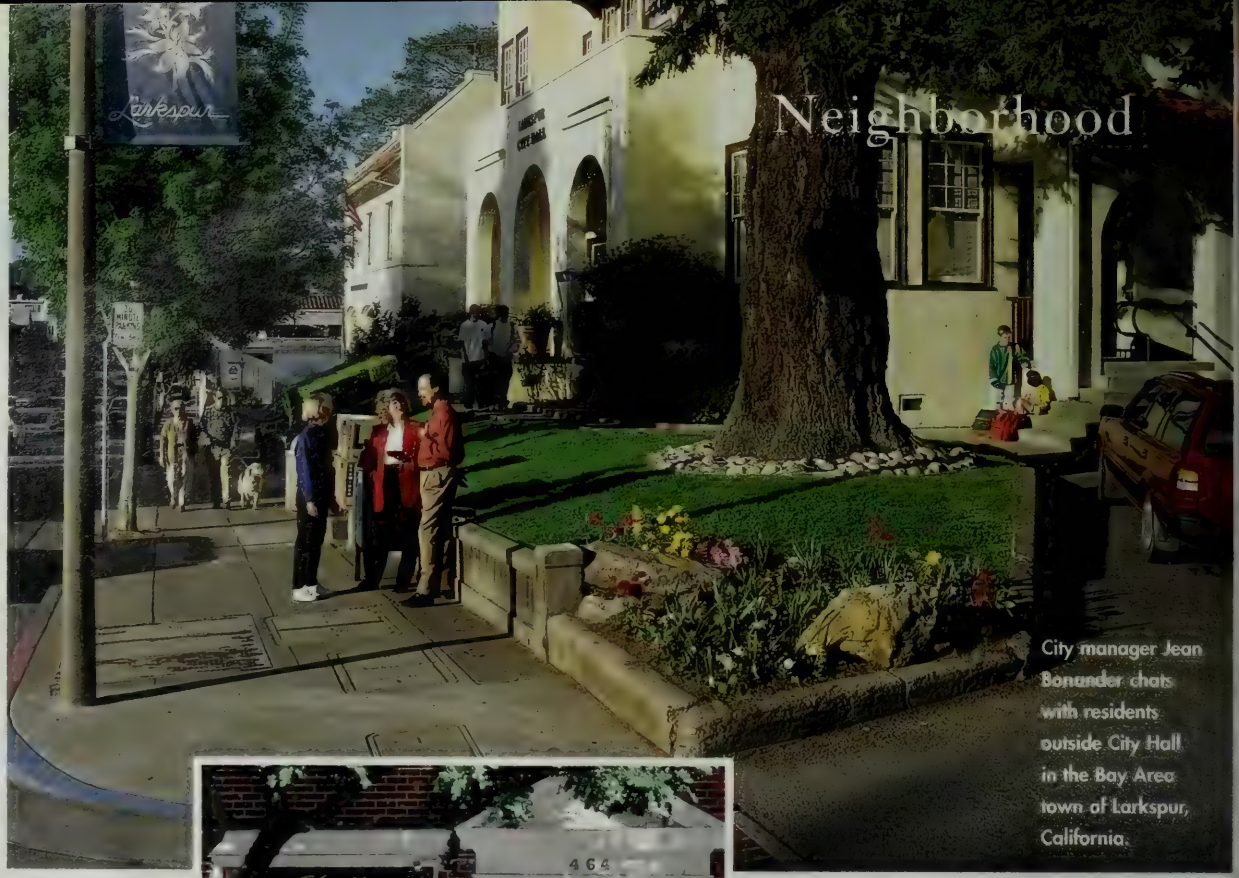
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City manager Jean Bonander chats with residents outside City Hall in the Bay Area town of Larkspur, California.



Rulli's, a pastry shop on the main street (*right*), enjoys a thriving business—thanks to Larkspur's strong sense of community spirit.

distinctive geographic features (such as waterfronts, creeks, or lush hillsides).

Does your town have a physical core that helps establish its identity? Do the homes, shops, and public buildings have architectural elements in common that make these structures look like they belong together? Or does your town resemble countless other "faceless" urban areas coast to coast, relying on other urban centers nearby for its sense of place?

New towns like Celebration are what urbanists call "neotraditional" because they revive traditional planning notions that held sway in the 19th century, when people did most of their travel on foot or via mass transit. Modern versions of these earlier towns embrace the pleasure of walking and make an effort to tame the automobile—but not bar it altogether. In a neotraditional town, most or all of the residents live within walking distance of a full-service downtown core and a mass-transit link with nearby urban centers; streets are laid out on a grid to provide multiple routes from point A to point B; and sidewalks are lined with trees and front porches to promote strolling and social interaction. Cars are still allowed, but garages are tucked out of sight behind the houses, and parking lots are hidden by street-fronting shops. Streetscapes in each part of town are punctuated by focal points—parks, churches, public buildings—that lend identity to each neighborhood. In Celebration, for example, the Hancocks live on a grassy, parklike square. The theory is that the foremost issue driving the layout of a town should be a plan's concern for people rather than their automobiles.

A tale of two towns

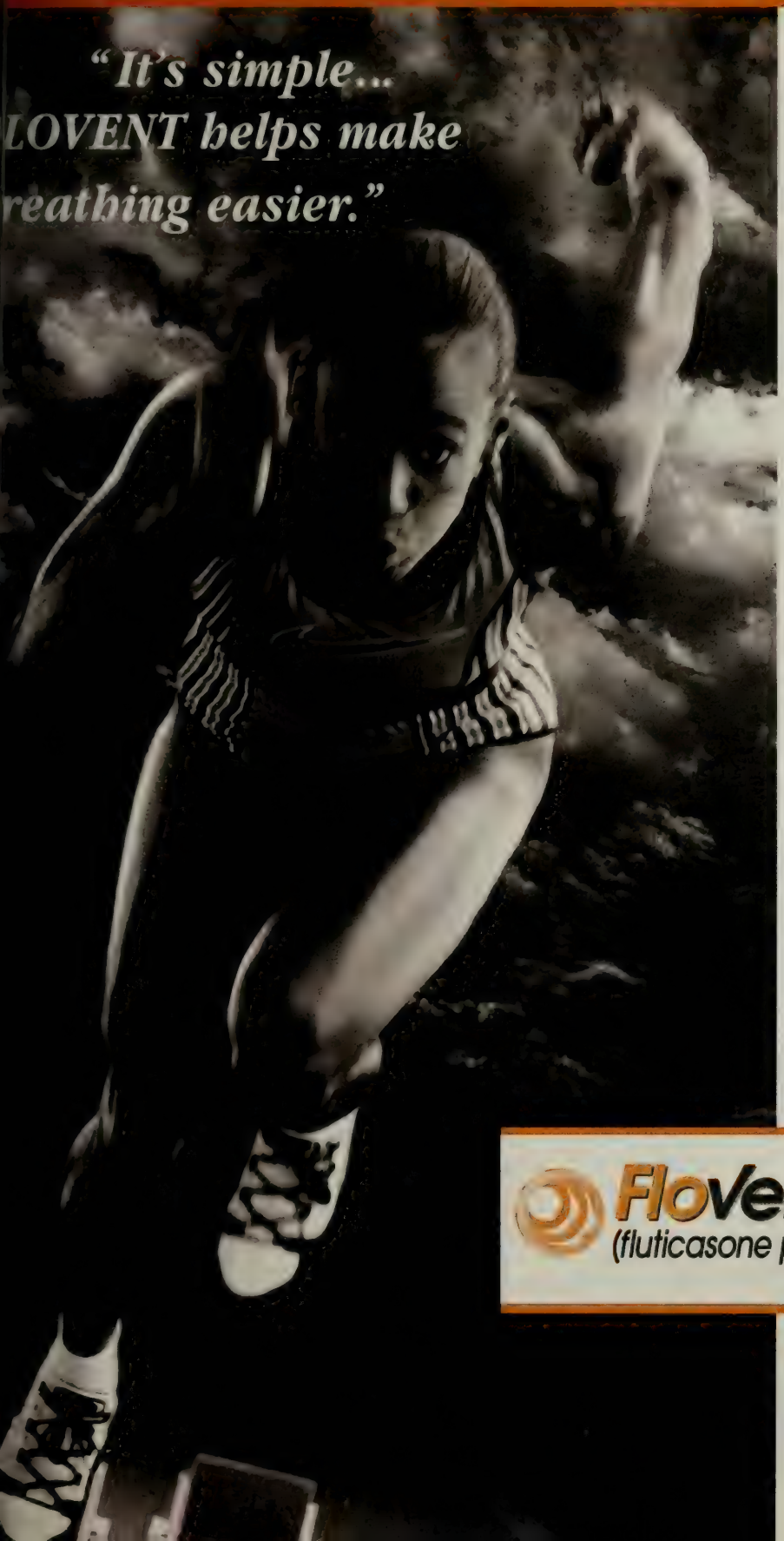
It sounds good on paper, but does it work in real life? Would it work in your town? It's too early to tell whether neotraditional planning can deliver long-term protection against urban sprawl and blight. But there are signs that it's pointing the right direction. Recently, *Better Homes and Gardens*® editors visited two other towns—one more than a century old, the other just five years old—that embody the key elements of neotraditional design. We tested each town with our feet by taking a walking tour; we interviewed local leaders to get an official view; and we canvassed the citizens for honest, resident-on-the-street viewpoints.

Our first stop was Larkspur, California (*above*), a suburb of San Francisco. Once a mill town for the lumber industry, Larkspur now serves primarily as a bedroom

continued on page 50

Winning with Asthma: Jackie Joyner-Kersee

WORLD CHAMPION AND THREE-TIME OLYMPIC GOLD MEDAL WINNER



"I thought I was really in control of my asthma. But then my doctor gave me FLOVENT. What a change! I can breathe easier now. Breathe deeply. I feel great! Don't wait another second. Talk to your doctor today about FLOVENT."

Individual results may vary.

- *Prevents swelling of the airways that causes asthma symptoms.*
- *Works with just two puffs twice a day.*
- *No unpleasant aftertaste in over 99% of patients.*

ASK YOUR DOCTOR ABOUT FLOVENT.

FLOVENT is NOT indicated for the relief of sudden asthma symptoms.

FLOVENT is available only by prescription for the treatment and prevention of asthma in patients 12 and older.

The most common drug-related side effects in clinical studies were: headache (≤4%), oral thrush (≤3%), sore throat (≤2%), hoarseness (3%), and cough (≤1%).

If you take FLOVENT, you should avoid exposure to measles or chickenpox. If you are exposed, call your doctor immediately.

BREATHING MADE EASIER.

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Inhalation Aerosol

BRIEF SUMMARY

For Oral Inhalation Only

The following is a brief summary only; see full prescribing information for complete product information.

CONTRAINDICATIONS: FLOVENT Inhalation Aerosol is contraindicated in the primary treatment of status asthmaticus or other acute episodes of asthma where intensive measures are required.

Hypersensitivity to any of the ingredients of these preparations contraindicates their use.

WARNINGS:

Particular care is needed for patients who are transferred from systemically active corticosteroids to FLOVENT Inhalation Aerosol because deaths due to adrenal insufficiency have occurred in asthmatic patients during and after transfer from systemic corticosteroids to less systemically available inhaled corticosteroids. After withdrawal from systemic corticosteroids, a number of months are required for recovery of hypothalamic-pituitary-adrenal (HPA) function.

Patients who have been previously maintained on 20 mg or more per day of prednisone (or its equivalent) may be most susceptible, particularly when their systemic corticosteroids have been almost completely withdrawn. During this period of HPA suppression, patients may exhibit signs and symptoms of adrenal insufficiency when exposed to trauma, surgery, or infection (particularly gastroenteritis) or other conditions associated with severe electrolyte loss. Although fluticasone propionate inhalation aerosol may provide control of asthma symptoms during these episodes, in recommended doses it supplies less than normal physiological amounts of glucocorticoid systemically and does NOT provide the mineralocorticoid activity that is necessary for coping with these emergencies.

During periods of stress or a severe asthma attack, patients who have been withdrawn from systemic corticosteroids should be instructed to resume oral corticosteroids (in large doses) immediately and to contact their physicians for further instruction. These patients should also be instructed to carry a warning card indicating that they may need supplementary systemic corticosteroids during periods of stress or a severe asthma attack.

Patients requiring oral corticosteroids should be weaned slowly from systemic corticosteroid use after transferring to fluticasone propionate inhalation aerosol. In a trial of 96 patients, prednisone reduction was successfully accomplished by reducing the daily prednisone dose by 2.5 mg on a weekly basis during transfer to inhaled fluticasone propionate. Successive reduction of prednisone dose was allowed only when lung function, symptoms, and as-needed beta-agonist use were better than or comparable to that seen before initiation of prednisone dose reduction. Lung function (forced expiratory volume in 1 second [FEV_1] or morning peak expiratory flow rate [AM PEFR]), beta-agonist use, and asthma symptoms should be carefully monitored during withdrawal of oral corticosteroids. In addition to monitoring asthma signs and symptoms, patients should be observed for signs and symptoms of adrenal insufficiency such as fatigue, lassitude, weakness, nausea and vomiting, and hypotension.

Transfer of patients from systemic corticosteroid therapy to fluticasone propionate inhalation aerosol may unmask conditions previously suppressed by the systemic corticosteroid therapy, e.g., rhinitis, conjunctivitis, eczema, and arthritis.

Persons who are on drugs that suppress the immune system are more susceptible to infections than healthy individuals. Chickenpox and measles, for example, can have a more serious or even fatal course in susceptible children or adults on corticosteroids. In such children or adults who have not had these diseases, particular care should be taken to avoid exposure. How the dose, route, and duration of corticosteroid administration affects the risk of developing a disseminated infection is not known. The contribution of the underlying disease and/or prior corticosteroid treatment to the risk is also not known. If exposed to chickenpox, prophylaxis with varicella zoster immune globulin (VZIG) may be indicated. If exposed to measles, prophylaxis with pooled intramuscular immunoglobulin (IG) may be indicated. (See the respective package inserts for complete VZIG and IG prescribing information.) If chickenpox develops, treatment with antiviral agents may be considered.

Fluticasone propionate inhalation aerosol is not to be regarded as a bronchodilator and is not indicated for rapid relief of bronchospasm.

As with other inhaled asthma medications, bronchospasm may occur with an immediate increase in wheezing after dosing. If bronchospasm occurs following dosing with FLOVENT Inhalation Aerosol, it should be treated immediately with a fast-acting inhaled bronchodilator. Treatment with FLOVENT Inhalation Aerosol should be discontinued and alternative therapy instituted.

Patients should be instructed to contact their physicians immediately when episodes of asthma that are not responsive to bronchodilators occur during the course of treatment with fluticasone propionate inhalation aerosol. During such episodes, patients may require therapy with oral corticosteroids.

PRECAUTIONS:

General: During withdrawal from oral corticosteroids, some patients may experience symptoms of systemically active corticosteroid withdrawal, e.g., joint and/or muscular pain, lassitude, and depression, despite maintenance or even improvement of respiratory function.

Fluticasone propionate will often permit control of asthma symptoms with less suppression of HPA function than therapeutically equivalent oral doses of prednisone. Since fluticasone propionate is absorbed into the circulation and can be systemically active at higher doses, the beneficial effects of fluticasone propionate inhalation aerosol in minimizing HPA dysfunction may be expected only when recommended dosages are not exceeded and individual patients are titrated to the lowest effective dose. A relationship between plasma levels of fluticasone propionate and inhibitory effects on stimulated cortisol production has been shown after 4 weeks of treatment with fluticasone propionate inhalation aerosol. Since individual sensitivity to effects on cortisol production exists, physicians should consider this information when prescribing fluticasone propionate inhalation aerosol.

Because of the possibility of systemic absorption of inhaled corticosteroids, patients treated with these drugs should be observed carefully for any evidence of systemic corticosteroid effects. Particular care should be taken in observing patients postoperatively or during periods of stress for evidence of inadequate adrenal response.

It is possible that systemic corticosteroid effects such as hypercorticism and adrenal suppression may appear in a small number of patients, particularly at higher doses. If such changes occur, fluticasone propionate inhalation aerosol should be reduced slowly, consistent with accepted procedures for reducing systemic corticosteroids and for management of asthma symptoms.

A reduction of growth velocity in children or teenagers may occur as a result of inadequate control of chronic diseases such as asthma or from use of corticosteroids for treatment. Physicians should closely follow the growth of adolescents taking corticosteroids by any route and weigh the benefits of corticosteroid therapy and asthma control against the possibility of growth suppression if an adolescent's growth appears slowed.

The long-term effects of fluticasone propionate in human subjects are not fully known. In particular, the effects resulting from chronic use of fluticasone propionate on developmental or immunologic processes in the mouth, pharynx, trachea, and lung are unknown. Some patients have received fluticasone propionate inhalation aerosol on a continuous basis for periods of 3 years or longer. In clinical studies with patients treated for nearly 2 years with inhaled fluticasone propionate, no apparent differences in the type or severity of adverse reactions were observed after long- versus short-term treatment.

Rare instances of glaucoma, increased intraocular pressure, and cataracts have been reported following the inhaled administration of corticosteroids.

In clinical studies with inhaled fluticasone propionate, the development of localized infections of the pharynx with *Candida albicans* has occurred. When such an infection develops, it should be treated with appropriate local or systemic (i.e., oral antifungal) therapy while remaining on treatment with fluticasone propionate inhalation aerosol, but at times therapy with fluticasone propionate may need to be interrupted.

Inhaled corticosteroids should be used with caution, if at all, in patients with active or quiescent tuberculosis infection of the respiratory tract; untreated systemic fungal, bacterial, viral or parasitic infections; or ocular herpes simplex.

Information for Patients: Patients being treated with FLOVENT Inhalation Aerosol should receive the following information and instructions. This information is intended to aid them in the safe and effective use of this medication. It is not a disclosure of all possible adverse or intended effects.

Patients should use FLOVENT Inhalation Aerosol at regular intervals as directed. Results of clinical trials indicated significant improvement may occur within the first day or two of treatment; however, the full benefit may not be achieved until treatment has been administered for 1 to 2 weeks or longer. The patient should not increase the prescribed dosage but should contact the physician if symptoms do not improve or if the condition worsens.

Patients should be warned to avoid exposure to chickenpox or measles and, if they are exposed, to consult their physicians without delay.

For the proper use of FLOVENT Inhalation Aerosol and to attain maximum improvement, the patient should read and follow carefully the Patient's Instructions for Use accompanying the product.

Carcinogenesis, Mutagenesis, Impairment of Fertility: Fluticasone propionate demonstrated no tumorigenic potential in studies of oral doses up to 1,000 mcg/kg (approximately two times the maximum human daily inhalation dose based on mcg/m^2) for 78 weeks in the mouse or inhalation doses up to 57 mcg/kg (approximately 1/4 the maximum human daily inhalation dose based on mcg/m^2) for 104 weeks in the rat.

Fluticasone propionate did not induce gene mutation in prokaryotic or eukaryotic cells in vitro. No significant clastogenic effect was seen in cultured human peripheral lymphocytes in vitro or in the mouse micronucleus test when administered at high doses by the oral or subcutaneous routes. Furthermore, the compound did not delay erythroblast division in bone marrow.

No evidence of impairment of fertility was observed in reproductive studies conducted in rats dosed subcutaneously with doses up to 50 mcg/kg (approximately 1/4 the maximum human daily inhalation dose based on mcg/m^2) in males and females. However, prostate weight was significantly reduced in rats.

Pregnancy: ***Teratogenic Effects: Pregnancy Category C:*** Subcutaneous studies in the mouse and rat at 45 100 mcg/kg, respectively (approximately 1/10 and 1/2 the maximum human daily inhalation dose based on mcg/m^2, respectively), revealed fetal toxicity characteristic of potent glucocorticoid compounds, including embryonic growth retardation, omphalocele, cleft palate, and retarded cranial ossification.

In the rabbit, fetal weight reduction and cleft palate were observed following subcutaneous doses of 4 mcg (approximately 1/25 the maximum human daily inhalation dose based on mcg/m^2). However, following oral administration of up to 300 mcg/kg (approximately three times the maximum human daily inhalation dose based on mcg/m^2) of fluticasone propionate to the rabbit, there were no maternal effects nor increased incidence of external, visceral, or skeletal fetal defects. No fluticasone propionate was detected in the plasma in this study, consistent with the established low bioavailability following oral administration (see CLINICAL PHARMACOLOGY section of full prescribing information).

Less than 0.008% of the administered dose crossed the placenta following oral administration of 100 mcg to rats or 300 mcg/kg to rabbits (approximately 1/2 and 3 times the maximum human daily inhalation dose based on mcg/m^2, respectively).

There are no adequate and well-controlled studies in pregnant women. Fluticasone propionate should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Experience with oral glucocorticoids since their introduction in pharmacologic, as opposed to physiologic, doses suggests that rodents are more prone to teratogenic effects from glucocorticoids than humans. In addition, because there is a natural increase in glucocorticoid production during pregnancy, most women will require a lower exogenous glucocorticoid dose and many will not need glucocorticoid treatment during pregnancy.

Nursing Mothers: It is not known whether fluticasone propionate is excreted in human breast milk. Subcutaneous administration of 10 mcg/kg tritiated drug to lactating rats (approximately 1/20 the maximum human daily inhalation dose based on mcg/m^2) resulted in measurable radioactivity in both plasma and milk. Because glucocorticoids are excreted in human milk, caution should be exercised when fluticasone propionate inhalation aerosol is administered to a nursing woman.

Pediatric Use: One hundred thirty-seven (137) patients between the ages of 12 and 16 years were treated with fluticasone propionate inhalation aerosol in the US pivotal clinical trials. The safety and effectiveness of FLOVENT Inhalation Aerosol in children below 12 years of age have not been established. Oral corticosteroids have been shown to cause a reduction in growth velocity in children and teenagers with extended use. If a child or teenager on any corticosteroid appears to have growth suppression, the possibility that they are particularly sensitive to effect of corticosteroids should be considered (see PRECAUTIONS).

Geriatric Use: Five hundred seventy-four (574) patients 65 years of age or older have been treated with fluticasone propionate inhalation aerosol in US and non-US clinical trials. There were no differences in adverse reactions compared to those reported by younger patients.

ADVERSE REACTIONS: The following incidence of common adverse experiences is based upon seven placebo controlled US clinical trials in which 1,243 patients (509 female and 734 male adolescents and adults previously treated with as-needed bronchodilators and/or inhaled corticosteroids) were treated with fluticasone propionate inhalation aerosol (doses of 88 to 440 mcg twice daily for up to 12 weeks) or placebo.

Overall Adverse Experiences With >3% Incidence on Fluticasone Propionate in US Controlled Clinical Trials With MDI in Patients Previously Receiving Bronchodilators and/or Inhaled Corticosteroids

Adverse Event	Placebo (n = 475) %	FLOVENT 88 mcg twice daily (n = 488) %	FLOVENT 220 mcg twice daily (n = 95) %	FLOVENT 440 mcg twice daily (n = 185) %
Ear, nose, and throat				
Pharyngitis	7	10	14	14
Nasal congestion	8	8	16	10
Sinusitis	4	3	6	5
Nasal discharge	3	5	4	4
Dysphonia	1	4	3	8
Allergic rhinitis	4	5	3	3
Oral candidiasis	1	2	3	5
Respiratory				
Upper respiratory infection	12	15	22	16
Influenza	2	3	8	5
Neurological				
Headache	14	17	22	17
Average duration of exposure (days)	44	66	64	59

The table above includes all events (whether considered drug-related or nondrug-related by the investigator) that occurred at a rate of over 3% in the combined fluticasone propionate inhalation aerosol groups and were more common than in the placebo group. In considering these data, differences in average duration of exposure should be taken into account.

These adverse reactions were mostly mild to moderate in severity, with ≤2% of patients discontinuing the studies because of adverse events. Rare cases of immediate and delayed hypersensitivity reactions, including urticaria and rash and other rare events of angioedema and bronchospasm, have been reported.

Systemic glucocorticoid side effects were not reported during controlled clinical trials with fluticasone propionate inhalation aerosol. If recommended doses are exceeded, however, or if individuals are particularly sensitive, symptoms of hypercorticism, e.g., Cushing's syndrome, could occur.

Other adverse events that occurred in these clinical trials using fluticasone propionate inhalation aerosol with an incidence of 1% to 3% and which occurred at a greater incidence than with placebo were:

Ear, Nose, and Throat: Pain in nasal sinus(es), rhinitis.
Eye: Irritation of the eye(s).
Gastrointestinal: Nausea and vomiting, diarrhea, dyspepsia and stomach disorder.
Miscellaneous: Fever.
Mouth and Teeth: Dental problem.
Musculoskeletal: Pain in joint, sprain/strain, aches and pains, pain in limb.
Neurological: Dizziness/giddiness.
Respiratory: Bronchitis, chest congestion.
Skin: Dermatitis, rash/skin eruption.
Urogenital: Dysmenorrhea.

In a 16-week study in asthmatics requiring oral corticosteroids, the effects of fluticasone propionate inhalation aerosol, 660 mcg twice daily (n = 32) and 880 mcg twice daily (n = 32), were compared with placebo. Adverse events (whether considered drug-related or nondrug-related by the investigator) reported by more than three patients in either fluticasone propionate group and which were more common with fluticasone propionate than placebo are shown below:

Ear, Nose, and Throat: Pharyngitis (9% and 25%); nasal congestion (19% and 22%); sinusitis (19% and 22%); nasal discharge (16% and 16%); dysphonia (19% and 9%); pain in nasal sinus(es) (13% and 0%); Candida-like oral lesions (16% and 9%); oropharyngeal candidiasis (25% and 19%).
Respiratory: Upper respiratory infection (31% and 19%); influenza (0% and 13%).
Other: Headache (28% and 34%); pain in joint (19% and 13%); nausea and vomiting (22% and 16%); muscular soreness (22% and 13%); malaise/fatigue (22% and 28%); insomnia (3% and 13%).

OVERDOSAGE: There are no data available on the effects of acute or chronic overdosage with FLOVENT Inhalation Aerosol. Inhalation by healthy volunteers of a single dose of 1,760 or 3,520 mcg of fluticasone propionate inhalation aerosol was well tolerated. Fluticasone propionate given by inhalation aerosol at doses of 1,320 mcg twice daily for 7 to 15 days to healthy human volunteers was also well tolerated. Repeat oral doses up to 80 mg daily for 10 days in healthy volunteers and repeat oral doses up to 20 mg daily for 42 days in patients were well tolerated. Adverse reactions were of mild or moderate severity, and incidences were similar in active and placebo treatment groups. Chronic overdosage may result in signs/symptoms of hypercorticism (see PRECAUTIONS). The oral and subcutaneous median lethal doses in rats and mice were >1,000 mg/kg (>2,000 times the maximum human daily inhalation dose based on mg/m^2).

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Georgia Nurse Investigated And Almost Arrested For Losing 73 Pounds!

id you ever notice that when you're fat, people actually stare at you e you eat? It's as if they want to tap on the shoulder and say, "If you ldn't eat that stuff, you wouldn't be at!"

ello. My name is Sharon Brodie. don't know me from Adam. But I'm al person. I live near Sandy Springs, rgia. And, up until two years ago, as the fat lady that everyone was ing at.

was too tired to go out with my nds at night. I was even embarrassed go out on weekends by myself. I dled when I walked. I sweat when e. I wore anything loose that would g straight down and wouldn't cling. uldn't even cross my legs. I wasn't "overweight." I was fat. I was 5'7" weighed 202 pounds.

went to my doctor for help. But I n't optimistic. During the previous en years I'd tried 16 *different* diets. by one. And I failed at all of them.

Iy doctor listened carefully then mmended an entirely different gram. This wasn't a "diet." It was a cial weight-loss program researched a team of bariatric physicians — cialists who treat the severely obese. program itself was developed by nes Cooper, M.D. of Atlanta, Georgia.

started the program on May 17th. hin the first four days, I only lost ee pounds. So I was disappointed. t during the three weeks that owed, my weight began to drop. gularly. Week after week. Within the t 196 days, I went from 202 pounds 129 pounds. To me it was a miracle. s was the first time in my life I'd r lost weight and not felt like I was rving to death.

The real reason the program worked s simple: I was *always eating*!

could eat *six times every day*. I never felt deprived. Never hungry. ould snack in the morning. I could ck before dinner. I could even snack night while I was watching TV.

know what you're thinking, "How can eat so much and still lose weight?"

Surprisingly, the secret is *not* in the *ount* of food you eat.

t's in the prescribed selection and *nbination of foods* you eat during h 24-hour period — nutritionally se portions of special fiber, unrefined bohydrates, and certain proteins ich create a metabolic process that tinues all day long. Calories are ed over a much longer period each day. Not just in unhealthy "spurts" like many diets. That's precisely why the program lets you lose weight *without hunger* ... without nervousness ... without feeling deprived.

There are no special foods to buy. Everything's available at your local supermarket.

And, it's all good wholesome food. Nothing weird. You'll enjoy a wide variety of delicious meats, chicken, fish, vegetables, potatoes, pasta, sauces — plus your favorite snacks. Lots of snacks.

For over four years The Clinic-30 Program has been available *only* to doctors. No one else. In fact, it's been used by a wide variety of family physicians throughout the U.S. and Canada *specifically* to assist their patients in losing weight.

So it's *doctor-tested.*

And *now* it's available to the public.

Consider these facts:

- There are no drugs. No pills. No powders. Nothing artificial.
- Everything you'll need is at your local supermarket.
- You don't count calories. Just follow the program. Everything is spelled out for you in easy-to-follow steps.
- It's low in sodium. So you don't hold water.

But here's the best part ...

Once you lose the weight, you can keep it off. Because you're *not starving yourself*. You're not hungry all the time.

Let's face it. We all have "eating lifestyles." Our eating habits usually include three meals a day plus two or three snacks. We all love snacks. Especially at night.

But most "diets" force us to change all that.

And that's *precisely* why they fail!

The Clinic-30 Program is different. It lets you continue your *normal eating lifestyle*. You can eat six times a day. You can snack when you wish. So when you lose the weight, you can keep it off. Because no one's forcing you to change.

One person commented, "... there's so much food on the program, I can hardly eat it all!"

Here are a few of the other people who participated in The Clinic-30 Program ...

Kitty R. lost 56 pounds and went from a size 18 to a size 10 dress.

"The Clinic-30 Program works! I'm an example. What I like best is that I can eat six times a day and lose weight! I recommended it to a couple of friends

Anne G., High Point, NC loves wearing a size 10!

"I lost 25 lbs. in two months. I talk about it so much that others in my workplace have bought their own programs. I was even able to keep it off during the holidays. I am so proud of myself!"

Obviously, everyone's results will vary because each of us is different. But we've received *literally stacks* of *unsolicited* letters from people all over America telling us how much weight they lost. You should see them. One couple even told us "... Between the two of us we've lost 150 pounds!"

And then there's me. About 4 months ago I was stopped by a policeman for not using my turning signal. When he looked at my driver's license he claimed it wasn't mine. He said it had someone else's picture on it.

After he called for a computer check, he came back to the car smiling. "You must have lost a lot of weight. This picture doesn't even look like you." I agreed. In a way, it was one of the nicest "warnings" I'd ever received.

The Clinic-30 Program worked for me when nothing else would. Nothing.

We'll be happy to send you the program to examine for 35 days. Show it to your doctor. Try it. There's *no obligation.* In fact, your check won't be cashed for 31 days. You may even postdate it 31 days in advance, if you wish.

Choose a day and start the program. If you don't begin losing weight within five days — and continue losing weight — we'll promptly return your original uncashed check. No delays. No excuses.

Or keep it longer. Try it for six months. Even then, if you're not completely satisfied, we'll send you a refund. Promptly. And without question. This is the fairest way we know to prove to you how well this program works.

To order, just send your name, address and postdated check for $12.95 (plus $3.00 shipping/handling) to The Clinic-30 Program, c/o Green Tree Press, Inc., Dept. 210, 3603 West 12th Street, Erie, PA 16505.

For even faster service, call TOLL FREE 1-800-834-3888 and charge it to a major credit card.

Read dozens of letters from successful Clinic-30 users. Visit our website: www.GreenTreePress.com

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Neighborhood

Lakeside residents in Laguna West, California, maintain neighborly contacts via paddleboat.



Architect Gary Shimotsu joins fellow residents of Laguna West for an impromptu picnic lunch in one of the town's numerous parks.

community for Bay Area commuters. Unlike most suburbs, however, Larkspur is also a real town with a very strong sense of place. It has all the things that the new urbanists say a town should have: a central business district, an official governing body, distinctive points of interest, local architectural character, convenient transit links to nearby towns, and—most important—a concerned and active citizenry.

In the 1960s, '70s, and '80s, developers eyed the town's prime open spaces as sites for high-rise condominiums and big-box retail complexes. Only one high-rise project was built, and it prompted the town to insist that all subsequent projects conform to the community's low-rise architectural scale and Main Street character. A year or two ago, Larkspur gained the high ground again—literally. It taxed itself to buy a pristine mountain range that forms the backdrop for the town and plays a big role in fostering the area's sense of place.

Larkspur's starchiness in dealing with the gurus of growth has begun paying back big-time. Property values keep inching up every year, small businesses are thriving and new ones are opening up, and civic pride is practically bursting at the seams.

One place that helps this pride grow is the city library. "The library is part of the heart of the community," says city manager Jean Bonander. "Three hundred to five hundred people a day come downtown to visit the library. It's a reader's library, with armchairs and open stacks."

Another downtown gathering spot is Rulli's, a coffeehouse and bakery. Owner Gary Rulli says his shop has become a favorite stopping place for Larkspurians of all ages. "I like the balance of people," he says. "I wanted my shop to be a destination; I didn't want to open in a shopping center." Rulli's business is thriving; he's already expanding his shop into the storefront next door.

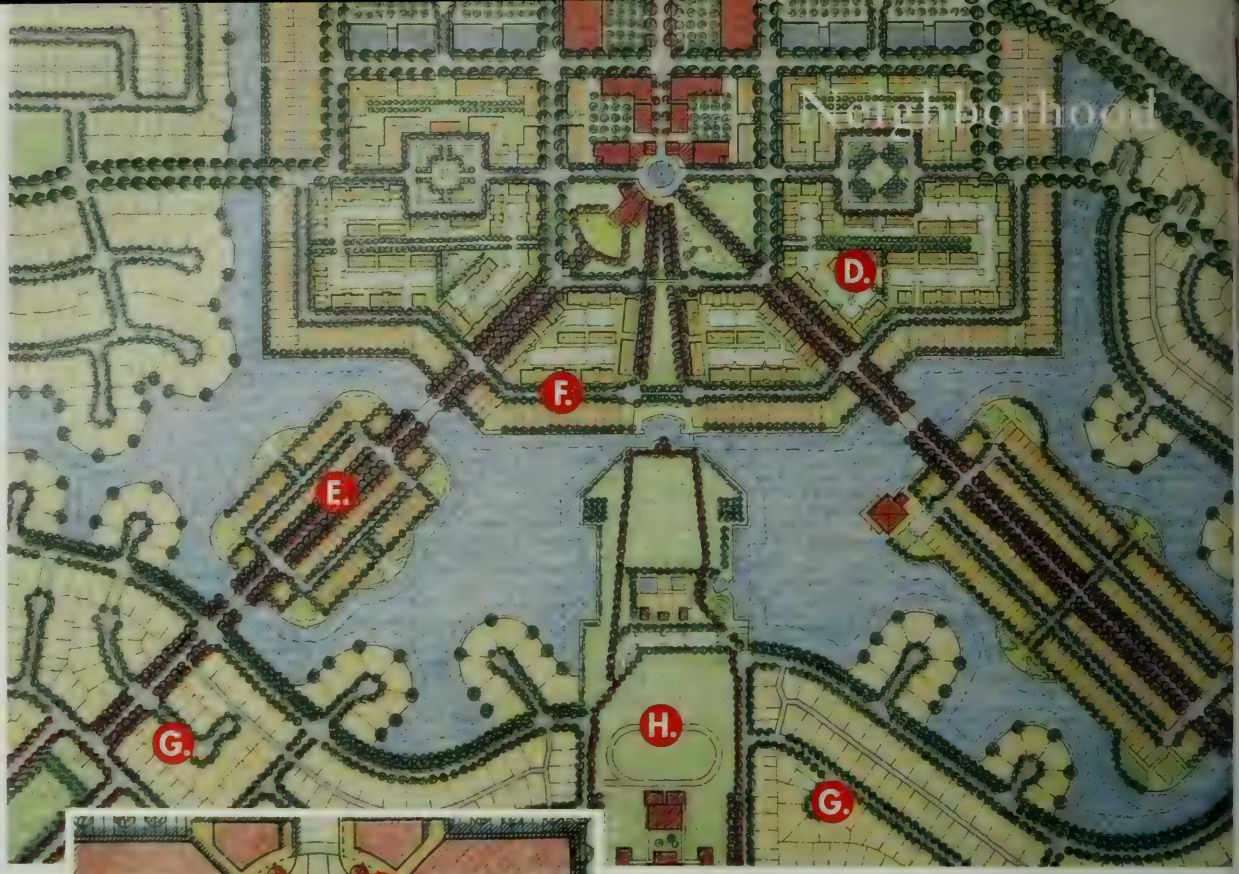
Squelching high-rise development projects stabilized the town's population, making it easier for the residents to play a direct role in community affairs. For Craig Scherfenberg, an architect who moved there several years ago, this is a real plus. "I grew up in a small town and came here seeking that kind of setting," he says, "The governing process in Larkspur is very accessible; I feel I have some influence here."

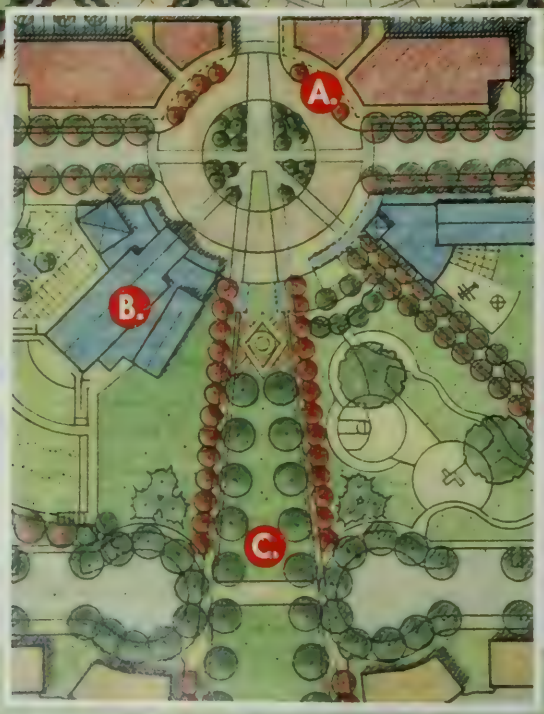
Involvement happens on a much more personal level, too. Bob Dayre, an accountant who works in San Francisco, says, "When you move in, the neighbors bring you cookies. During the big wind storms last year, all the neighborhoods got out and helped cut up the tree limbs that blew down. There is a camaraderie here."

continued on page 52



hown: Augustina crystal basket.





Residents in the new town of Laguna West (*above*) can walk to the town center, the public parks, the shopping area (shown enlarged at *left*), and the recreation center. Tree-lined streets radiate from the town center, crossing a large lake that serves as a major focal point.

A. Pedestrian-oriented commercial area, with restaurants, a grocery store, dry cleaners, and fast-food franchises.
B. Town center, with town hall, amphitheater, and day care center.
C. Public park and walking trails.
D. Multifamily housing units and housing for the elderly within a short walk from shops and the town center.
E. Tree-lined streets with sidewalks.
F. Single-family town homes that overlook the lake.
G. Single-family homes with front porches and detached garages on tree-lined streets.
H. Community recreation center with ball courts, jogging track, swimming pool, and indoor exercise facility.

Our second stop is Laguna West (*above*), a brand-new neotraditional town just a few miles south of Sacramento. At first glance, Laguna West bears little resemblance to Larkspur or to the other older communities we studied. There are no mountains, ravines, or forests to mark the town's boundaries or define its various neighborhoods. No historic homes or quaint storefronts lend vintage character to the streetscapes. And no steady stream of cars flows through town on the main boulevards. Yet, like Larkspur, Laguna West already boasts a citizenry that cultivates a keen sense of community and that works together to help this fledgling town grow in a healthy way.

The main focal point for community activities at Laguna West is the Town Hall. Although it doesn't house municipal offices yet, the Town Hall is booked far in advance for all sorts of other community functions—meetings of the Laguna West Homeowners Association, receptions, weddings, exercise classes, gymnastic sessions, concerts,

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Neighborhood

The town hall's architecture at Laguna West (*left*) blends into the look of the entire city, symbolic of its role in the life of the community.



Laguna West's numerous parks, green spaces, and trails give residents a place to come together and provide pleasant buffers between commercial and residential areas.

and volleyball tournaments. Also, part of the space houses a community day care center. Other features include 38 acres of parks, a 73-acre lake—complete with waterfront promenade—several miles of jogging trails, and a newly-constructed church.

Walking and porch-sitting are daily customs, and the lakes and parks are used regularly for recreation. Also, lakefront housing ranges from modest-size row houses to large custom homes, making it easy for people of varied backgrounds to get to know each other. "We can paddle to each others' backyards," says Joanie Martin, a young mother and aqua-aerobics teacher. "It's almost like being on vacation," says Roberto Lacalle, a technical specifier for a construction firm in Sacramento.

Gary Shimotsu, a Sacramento architect, grew up in Torrance, California, near Los Angeles. He and his family now live in one of Laguna West's lakefront homes. "I like being able to take my sons swimming without having to get into a car and drive several miles to a pool," says Gary. "It's great to live in a neighborhood where it's so easy to relax."

Comments like these are part of the satisfaction for Phil Angelides, marketing director for River West Investments, the town's developer. "We didn't want just another subdivision," says Phil, "we wanted to offer a better alternative." The up-front costs of building a town from scratch—complete with parks, a mix of housing types, a town center, and tree-shaded boulevards—make it a risky proposition for any developer. Usually these "extras" come later as the town matures. "We had been building conventional subdivisions," says Phil, "We prided ourselves on the mix of housing types we offered but we saw that what was missing was neighborhoods."

At Laguna West, Phil's firm took extra pains to make the town's physical features feel neighborly. They built narrow streets that offer numerous connections from one neighborhood to another, they lined them with sidewalks, and they planted 20,000 trees. Extras such as these are helping Laguna West lure other key groups to the community. So far, these include two high-tech employers (Apple and JVC), several franchise businesses, and a Greek Orthodox church congregation. Apple and JVC have constructed assembly plants across the road from the main entrance to town. The franchises are moving into the first phase of Laguna West's shopping complex in the town center. And the congregation has recently completed a handsome, domed church near the Town Center.

continued on page 56

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VISIT A NEOTRADITIONAL TOWN NEAR YOU

Neotraditional neighborhoods are taking shape in all parts of the country, and more are being proposed every year. To see if their ideas could help your town or neighborhood develop a sense of place—or to see if you would feel at home living in a neotraditional community—you may want to visit one of the locations listed *below*.

- Celebration, a new town near Orlando, Florida
- Camden Park, a subdivision near Chapel Hill, North Carolina
- Belmont Forest, a subdivision in Louden County, Virginia
- Fairview Village, a subdivision near Portland, Oregon
- Harbor Town, an inner city neighborhood in Memphis, Tennessee
- Kentlands, Maryland, a new town near Washington, D.C.
- Newpoint, a subdivision near Beaufort, South Carolina
- Northwest Landing, a subdivision near Seattle, Washington
- Seaside, a resort town in the Florida Panhandle

Neighborhood

Where do you fit in?

Some of us already do daily errands on foot (see list of neotraditional towns at *left*), while other's still prefer their auto-dependent neighborhoods. But what do most homeowners want? We asked Roper Starch Worldwide Inc., a nationwide survey company, to find out. They polled hundreds of adults, and here's what they told us.

- You like being able to walk to nearby shops, offices, and public buildings.
- You'd prefer not to live close to the street. You still prefer houses that sit far back from the street on widely spaced lawns.
- You prefer neighborhoods where garages are tucked away in backyards.
- You like having neighbors who represent a broad mix of incomes, family sizes, and ages, a mix that's typical of neotraditional towns.
- You enjoy participating in neighborhood and community activities.
- You admire architectural unity but don't feel that it's essential for fostering a sense of community in a neighborhood or a town.



Should you be concerned?

As urban-style congestion continues to ooze outward from our urban cores, many will opt for the peacefulness of neotraditional towns. But we can't all leave for new homes. If you are staying put, here's a game plan you might adopt in order to help reestablish the strength and charm of your community.

- Become vocal. Go to city council meetings and sit in on sessions of the local design review board. Write letters to the editor of your local newspapers. Garner support by passing out circulars that identify and clarify the issues, such as the need to protect a town's architectural heritage or the importance of protecting established neighborhoods from too much growth.
- Become a resident expert. Read up on the subject of urban planning. Find out what other communities are doing to improve the look and ambience of their cities. Some projects are as simple as adding benches in front of city hall, inviting people to relax in the shade. Other projects are as large as tearing up portions of a utilitarian asphalt street to put in charming brick. To make things happen, get to know the city officials who make the key planning decisions.
- Join a citizen's group. If your town doesn't have a concerned-citizens committee working on this problem yet, start your own. If it does, volunteer.
- Start a newsletter. Either as a group or as a one-person lobbying force, raise the awareness of the entire community by reporting on all the key issues in depth, and by creating a forum in which other concerned citizens can speak out. Spread the word on the Internet, too, using email and home pages.
- Build a power base. If local officials seem unresponsive, work behind the scenes to elect those who vow to protect your neighborhood's future. Use this power to save an old oak tree, restore antique lighting, or clean up a park.

For More Information

Contact the following organizations for additional information about neotraditional towns and new ideas in urban planning and city growth:

- Congress for the New Urbanism, 706 Sacramento Street, Box 148, San Francisco, CA 94108; 415/291-9804.
- Center for Livable Communities, 1414 K Street, Suite 250, Sacramento, CA 95814; 916/448-1198.

For additional reading on the subject, look for these publications at your local bookstore or library:

- *The Next American Metropolis: Ecology, Community, and the American Dream,* by Peter Calthorpe (Princeton Architectural Press, 1993)
- *The New Urbanism,* by Peter Katz (McGraw-Hill, 1994)
- *Seaside: Making a Town in America,* by David Mohney (Princeton Architectural Press, 1991)

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Welcome



Islands have become a fixture on the kitchen-design menu because they do so many jobs well. They offer a convenient spot for food preparation, a counter for grabbing a quick bite, flexible storage, and a gathering place for dinner parties. And they look great, too.

To My Island

by Steve Cooper

Imagine the serenity of island living. You're lounging in a sea of contentment surrounded by vast expanses of water, basking beneath an azure sky, enjoying wild fruit that grows so abundantly, and warming yourself by a campfire. Life has become a leisure pursuit. Now, imagine you have one of the kitchen islands shown on the pages ahead. Your fantasy comes true with flowing water, skylights above, and a full complement of contemporary cooking appliances. Enjoy your mango.

continued on page 60



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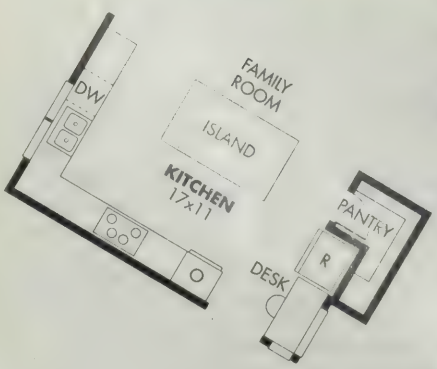
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Welcome to My Island

continued from page 58





It's not uncommon to find a stocky workbenchlike table serving as an island in an English kitchen. When Kelli Norwalk of Zionsville, Indiana, saw just such a bulky table in a British magazine, she wanted one.

Because a faucet and sink are mounted on the granite top, Kelli's island is anchored to the floor. Bolting it down will prevent the plumbing from being jostled out of position should someone bump into the island.

Beadboard, simple trim, and a blocky style give this island its English bearing. The piece is made from maple, which resists damage because it's rock hard.

To order plans, see page 64

The three natural maple shelves in the center of the island (*above*) slide out for access to items stored there. The boundaries between the kitchen and family room are defined by the position of the island (*left*). Two people can sit comfortably at the island's counter, as shown on the previous page.

continued on page 62



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Welcome to My Island

continued from page 60

Designer Kathy Koutsky wanted an open kitchen with an island for her Minneapolis home because she'd lived far too long with kitchens that isolated the cook from family and friends. In Kathy's previous homes, kitchens were dead-end galleys or they included peninsula cabinets that stopped traffic flow. With its open, U-shaped layout and island, the kitchen shown here is more hospitable.

What to do with the island's countertop? It's a good spot for a cooktop at the standard 36-inch height. Or, put in a sink and dishwasher to create a cleanup center. If you'd like a baking center, consider including a marble insert in a section of counter lowered to 30 inches. This provides a cool spot for easy dough rolling.

To order plans, see page 64



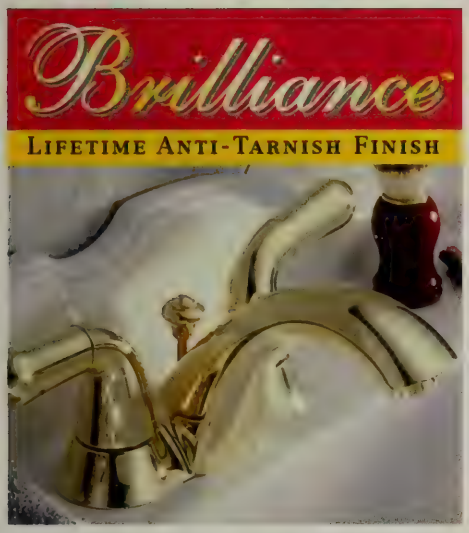
The first step in assembling the island was finding four turned legs (*above*) matching the home's Victorian style. Kathy considered pullout shelving for the island and surrounding cabinetry, but chose convenient drawers instead (*right*). "Pullout shelves require two steps," she says. "You open the door and then pull out the shelf."

continued on page 64

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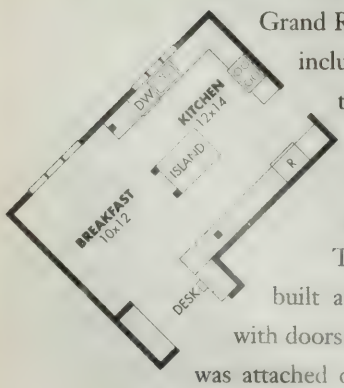
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Welcome to My Island

continued from page 62





Before Mary and Robert Scanlon of East Grand Rapids, Michigan, decided to include an island in their kitchen, their kitchen designer had to convince them that it would make a design splash. Their island does.

This kitchen cornerstone was built around a simple maple box with doors on each side. Open shelving was attached on the dining-area side and weighty columns were added to mimic full-size columns in adjacent rooms.

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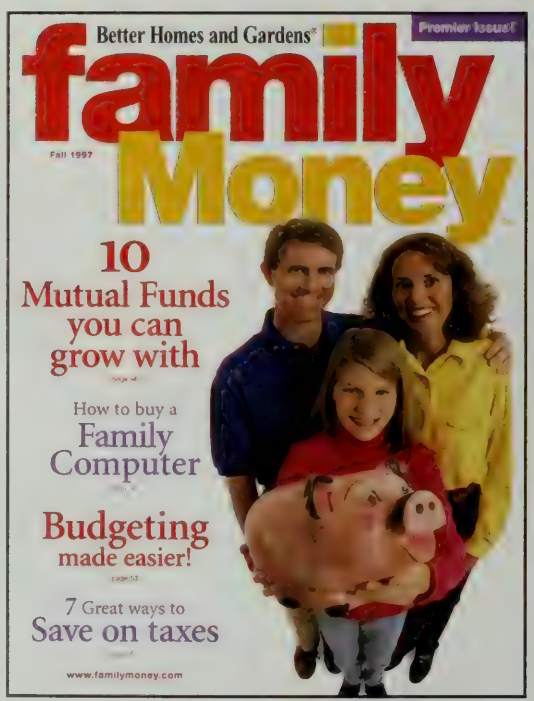
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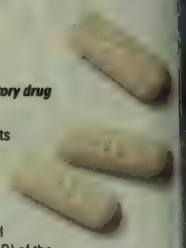
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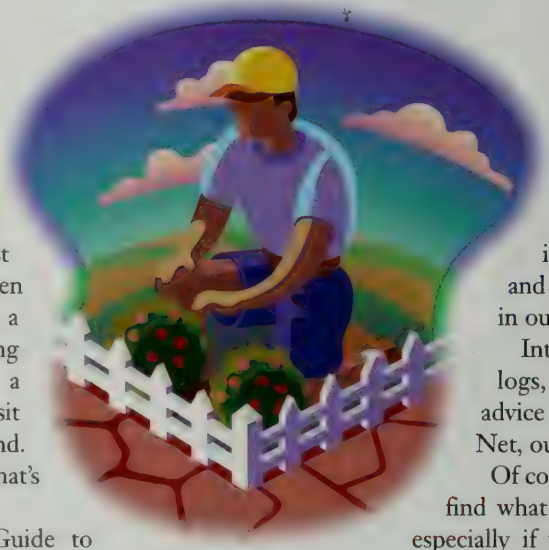
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Digging in the Digital Garden



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STOP YOUR RUNNY NOSE WITH ATROVENT® NASAL SPRAY

(ipratropium bromide)

Atrovent®
(ipratropium bromide) Nasal Spray 0.03%

For allergic and nonallergic perennial rhinitis

Brief Summary of Prescribing Information

INDICATIONS AND USAGE ATROVENT® (ipratropium bromide) Nasal Spray 0.03% is indicated for the symptomatic relief of rhinorrhea associated with allergic and nonallergic perennial rhinitis in adults and children age 12 years and older. ATROVENT Nasal Spray 0.03% does not relieve nasal congestion, sneezing or postnasal drip associated with allergic or nonallergic perennial rhinitis.

CONTRAINDICATIONS ATROVENT® (ipratropium bromide) Nasal Spray 0.03% is contraindicated in patients with a history of hypersensitivity to atropine or its derivatives, or to any of the other ingredients.

WARNINGS Immediate hypersensitivity reactions may occur after administration of ipratropium bromide, as demonstrated by rare cases of urticaria, angioedema, rash, bronchospasm and oropharyngeal edema.

PRECAUTIONS General ATROVENT® (ipratropium bromide) Nasal Spray 0.03% should be used with caution in patients with narrow-angle glaucoma, prostatic hypertrophy or bladder neck obstruction, particularly if they are receiving an anticholinergic by another route. Cases of precipitation or worsening of narrow-angle glaucoma and acute eye pain have been reported with direct eye contact of ipratropium bromide administered by oral inhalation.

Information for Patients Patients should be advised that temporary blurring of vision, precipitation or worsening of narrow-angle glaucoma or eye pain may result if ATROVENT Nasal Spray 0.03% comes into direct contact with the eyes. Patients should be instructed to avoid spraying ATROVENT Nasal Spray 0.03% in or around their eyes. Patients who experience eye pain, blurred vision, excessive nasal dryness or episodes of nasal bleeding should be instructed to contact their doctor. Patients should be reminded to carefully read and follow the accompanying PATIENT'S INSTRUCTIONS FOR USE.

Drug Interactions No controlled clinical trials were conducted to investigate drug-drug interactions. ATROVENT Nasal Spray 0.03% is minimally absorbed into the systemic circulation; nonetheless, there is some potential for an additive interaction with other concomitantly administered anticholinergic medications, including ATROVENT for oral inhalation.

Carcinogenesis, Mutagenesis, Impairment of Fertility Two-year oral carcinogenicity studies in rats and mice have revealed no carcinogenic activity at doses up to 6 mg/kg/day. This dose corresponds, in rats and mice respectively, to about 200 and 100 times the maximum recommended human daily dose (MRHD) on a mg/m² basis of ATROVENT Nasal Spray 0.03%. Results of various mutagenicity studies (Ames test, mouse dominant lethal test, mouse micronucleus test and chromosome aberration of bone marrow in Chinese hamsters) were negative.

Fertility of male or female rats at oral doses up to 50 mg/kg/day (about 1,660 times the MRHD on a mg/m² basis) was unaffected by ipratropium bromide administration. At doses above 90 mg/kg/day (about 3,000 times the MRHD on a mg/m² basis), a decreased conception rate was observed.

Pregnancy *TERATOGENIC EFFECTS Pregnancy Category B.* Oral reproduction studies were performed at doses of 10 mg/kg/day in mice, 100 mg/kg/day in rats and 125 mg/kg/day in rabbits. These doses correspond, in each species respectively, to about 160, 3,000 and 8,000 times the MRHD of ATROVENT Nasal Spray 0.03% in perennial rhinitis (252 mcg/day) on a mg/m² basis. Inhalation reproduction studies in rats and rabbits at doses of 1.5 and 1.8 mg/kg/day (about 50 and 120 times the MRHD on a mg/m² basis for each species, respectively) have demonstrated no evidence of teratogenic effects as a result of ipratropium bromide. At oral doses above 90 mg/kg/day in rats (about 3000 times the MRHD on a mg/m² basis) embryotoxicity was observed as increased resorption. This effect is not considered relevant to human use due to the large doses at which it was observed and the difference in route of administration. However, no adequate or well controlled studies have been conducted in pregnant women. Because animal reproduction studies are not always predictive of human response, ATROVENT Nasal Spray 0.03% should be used during pregnancy only if clearly needed.

Nursing Mothers It is known that some ipratropium bromide is systemically absorbed following nasal administration; however the portion which may be excreted in human milk is unknown. Although lipid-insoluble quaternary bases pass into breast milk, the minimal systemic absorption makes it unlikely that ipratropium bromide would reach the infant in an amount sufficient to cause a clinical effect. However, because many drugs are excreted in human milk, caution should be exercised when ATROVENT Nasal Spray 0.03% is administered to a nursing woman.

Pediatric Use Safety and effectiveness of ATROVENT Nasal Spray 0.03% in patients below the age of 12 years have not been established.

ADVERSE REACTIONS Adverse reaction information on ATROVENT® (ipratropium bromide) Nasal Spray 0.03% in patients with perennial rhinitis was derived from four multicenter, vehicle-controlled clinical trials involving 703 patients (356 patients on ATROVENT and 347 patients on vehicle), and a 1-year, open-label, follow-up trial. In three of the trials, patients received ATROVENT Nasal Spray 0.03% three times daily, for 8 weeks. In the other trial, ATROVENT Nasal Spray 0.03% was given to patients two times daily for 4 weeks. Of the 285 patients who entered the open-label, follow-up trial, 232 were treated for 3 months, 200 for 6 months, and 159 up to 1 year. The majority (>86%) of patients treated for 1 year were maintained on 42 mcg per nostril, two or three times daily, of ATROVENT (ipratropium bromide) Nasal Spray 0.03%.

The following table shows adverse events, and the frequency that these adverse events led to the discontinuation of treatment, reported for patients who received ATROVENT Nasal Spray 0.03% at the recommended dose of 42 mcg per nostril, or vehicle two or three times daily for 4 or 8 weeks. Only adverse events reported with an incidence of at least 2.0% in the ATROVENT group and higher in the ATROVENT group than in the vehicle group are shown.

	% of Patients Reporting Events[1]			
	ATROVENT Nasal Spray 0.03% (n=356)		Vehicle Control (n=347)	
	Incidence%	Discontinued%	Incidence%	Discontinued %
Headache	9.8	0.6	9.2	0
Upper respiratory tract infection	9.8	1.4	7.2	1.4
Epistaxis[1]	9.0	0.3	4.6	0.3
Rhinitis*				
Nasal dryness	5.1	0	0.9	0.3
Nasal irritation[2]	2.0	0	1.7	0.6
Other nasal symptoms[3]	3.1	1.1	1.7	0.3
Pharyngitis	8.1	0.3	4.6	0
Nausea	2.2	0.3	0.9	0

[1] Epistaxis reported by 7.0% of ATROVENT patients and 2.3% of vehicle patients, blood-tinged mucus by 2.0% of ATROVENT patients and 2.3% of vehicle patients.

[2] Nasal irritation includes reports of nasal itching, nasal burning, nasal irritation and ulcerative rhinitis.

[3] Other nasal symptoms include reports of nasal congestion, increased rhinorrhea, increased rhinitis, posterior nasal drip, sneezing, nasal polyps and nasal edema.

[1] This table includes adverse events which occurred at an incidence rate of at least 2.0% in the ATROVENT group and more frequently in the ATROVENT group than in the vehicle group.

* All events are listed by their WHO term; rhinitis has been presented by descriptive terms for clarification.

ATROVENT Nasal Spray 0.03% was well tolerated by most patients. The most frequently reported nasal adverse events were transient episodes of nasal dryness or epistaxis. These adverse events were mild or moderate in nature, none was considered serious, none resulted in hospitalization and most resolved spontaneously or following a dose reduction. Treatment for nasal dryness and epistaxis was required infrequently (2% or less) and consisted of local application of pressure or a moisturizing agent (e.g., petroleum jelly or saline nasal spray). Patient discontinuation for epistaxis or nasal dryness was infrequent in both the controlled (0.3% or less) and 1-year, open-label (2% or less) trials. There was no evidence of nasal rebound (i.e., a clinically significant increase in rhinorrhea, posterior nasal drip, sneezing or nasal congestion severity compared to baseline) upon discontinuation of double-blind therapy in these trials.

Adverse events reported by less than 2% of the patients receiving ATROVENT Nasal Spray 0.03% during the controlled clinical trials or during the open-label follow-up trial, which are potentially related to the local or systemic anticholinergic effects of Atrovent include: dry mouth/throat, dizziness, ocular irritation, blurred vision, conjunctivitis, hoarseness, cough and taste perversion. Additional anticholinergic effects noted with other ATROVENT dosage forms (ATROVENT® Inhalation Solution, ATROVENT® Inhalation Aerosol, and ATROVENT® Nasal Spray 0.06%) include: precipitation or worsening of narrow-angle glaucoma, urinary retention, prostatic disorders, tachycardia, constipation, and bowel obstruction.

There were infrequent reports of skin rash in both the controlled and uncontrolled clinical studies. Other allergic-type reactions such as angioedema of the throat, tongue, lips and face, urticaria, laryngospasm and anaphylactic reactions have been reported with other ipratropium bromide products.

No controlled trial was conducted to address the relative incidence of adverse events of BID versus TID therapy.

HOW SUPPLIED ATROVENT® (ipratropium bromide) Nasal Spray 0.03% is supplied as 30 ml of solution in a high density polyethylene (HDPE) bottle fitted with a metered nasal spray pump, a safety clip to prevent accidental discharge of the spray, and a clear plastic dust cap. The 30 ml bottle of ATROVENT Nasal Spray is designed to deliver 345 sprays of 0.07 ml each (21 mcg ipratropium bromide), or 28 days of therapy at the maximum recommended dose (two sprays per nostril three times a day).

Store tightly closed between 59°F (15°C) and 86°F (30°C). Avoid freezing. Keep out of reach of children. Avoid spraying in or around the eyes.

Consult package insert before prescribing.

AN.03-BS-10/95

Atrovent®
(ipratropium bromide) Nasal Spray 0.06%

For the comm

Brief Summary of Prescribing Information

INDICATIONS AND USAGE ATROVENT® (ipratropium bromide) Nasal Spray 0.06% is indicated for the symptomatic rhinorrhea associated with the common cold for adults and children age 12 years and older. ATROVENT Nasal Spray does not relieve nasal congestion or sneezing associated with the common cold.

The safety and effectiveness of the use of ATROVENT Nasal Spray 0.06% beyond four days in patients with common cold has not been established.

CONTRAINDICATIONS ATROVENT® (ipratropium bromide) Nasal Spray 0.06% is contraindicated in patients with a hi hypersensitivity to atropine or its derivatives, or to any of the other ingredients.

WARNINGS Immediate hypersensitivity reactions may occur after administration of ipratropium brom demonstrated by rare cases of urticaria, angioedema, rash, bronchospasm and oropharyngeal edema.

PRECAUTIONS General ATROVENT® (ipratropium bromide) Nasal Spray 0.06% should be used with in patients with narrow-angle glaucoma, prostatic hypertrophy or bladder neck obstruction, particularly if they are rece anticholinergic by another route. Cases of precipitation or worsening of narrow-angle glaucoma and acute eye pain ha reported with direct eye contact of ipratropium bromide administered by oral inhalation.

Information for Patients Patients should be advised that temporary blurring of vision, precipitation or worsening of angle glaucoma or eye pain may result if ATROVENT Nasal Spray 0.06% comes into direct contact with the eyes. Patients be instructed to avoid spraying ATROVENT Nasal Spray 0.06% in or around the eyes. Patients who experience eye pain, vision, excessive nasal dryness or episodes of nasal bleeding should be instructed to contact their doctor. Patients sh reminded to carefully read and follow the accompanying PATIENT'S INSTRUCTIONS FOR USE.

Drug Interactions No controlled clinical trials were conducted to investigate potential drug-drug intera ATROVENT Nasal Spray 0.06% is minimally absorbed into the systemic circulation; nonetheless, there is potential for an additive interaction with other concomitantly administered anticholinergic medications, in ATROVENT for oral inhalation.

Carcinogenesis, Mutagenesis, Impairment of Fertility Two-year oral carcinogenicity studies in rats and mice have r no carcinogenic activity at doses up to 6 mg/kg/day. This dose corresponds, in rats and mice respectively, to about 70 times the maximum recommended human daily dose (MRHD) on a mg/m² basis of ATROVENT Nasal Spray 0.06%. Re various mutagenicity studies (Ames test, mouse dominant lethal test, mouse micronucleus test and chromosome abe of bone marrow in Chinese hamsters) were negative.

Fertility of male or female rats at oral doses up to 50 mg/kg/day (about 600 times the MRHD on a mg/m² basis) was u ed by ipratropium bromide administration. At doses above 90 mg/kg/day (about 1,000 times the MRHD on a mg/m² b decreased conception rate was observed.

Pregnancy *TERATOGENIC EFFECTS Pregnancy Category B.* Oral reproduction studies were performed at doses of 10 mg in mice, 100 mg/kg/day in rats and 125 mg/kg/day in rabbits. These doses correspond, in each species respectively, t 60, 1,200, and 3,000 times the MRHD of ATROVENT Nasal Spray 0.06% in the common cold (672 mcg/day) on a mg/m Inhalation reproduction studies in rats and rabbits at doses of 1.5 and 1.8 mg/kg/day (about 20 and 40 times the MRH on a mg/m² basis for each species, respectively) have demonstrated no evidence of teratogenic effects as a result of ipr um bromide. At oral doses above 90 mg/kg/day in rats (about 1,000 times the MRHD on a mg/m² basis) embryotoxici observed as increased resorption. This effect is not considered relevant to human use due to the large doses at which observed and the difference in route of administration. However, no adequate or well controlled studies have been con in pregnant women. Because animal reproduction studies are not always predictive of human response, ATROVENT Nasal 0.06% should be used during pregnancy only if clearly needed.

Nursing Mothers It is known that some ipratropium bromide is systemically absorbed following nasal administration; h er the portion which may be excreted in human milk is unknown. Although lipid-insoluble quaternary bases pass into milk, the minimal systemic absorption makes it unlikely that ipratropium bromide would reach the infant in an amount cient to cause a clinical effect. However, because many drugs are excreted in human milk, caution should be exercised ATROVENT Nasal Spray 0.06% is administered to a nursing woman.

Pediatric Use Safety and effectiveness of ATROVENT Nasal Spray 0.06% in patients below the age of 12 years ha been established.

ADVERSE REACTIONS Adverse reaction information on ATROVENT® (ipratropium bromide) Nasal Spray 0.06% in patient the common cold was derived from two multicenter, vehicle-controlled clinical trials involving 1276 patients (195 patie ATROVENT Nasal Spray 0.03%, 352 patients on ATROVENT Nasal Spray 0.06%, 189 patients on ATROVENT Nasal Spray 0 351 patients on vehicle and 189 patients receiving no treatment).

The following table shows adverse events reported for patients who received ATROVENT Nasal Spray 0.06% at the r mended dose of 84 mcg per nostril, or vehicle, administered three or four times daily, where the incidence is 1% or gre the ATROVENT group and higher in the ATROVENT group than in the vehicle group.

	% of Patients Reporting Events[1]	
	ATROVENT Nasal Spray 0.06% (n=352)	Vehicle Control (n=351)
Epistaxis[2]	8.2%	2.3%
Dry Mouth/Throat	1.4%	0.3%
Nasal Congestion	1.1%	0.0%
Nasal Dryness	4.8%	2.8%

[1] This table includes adverse events for which the incidence was 1% or greater in the ATROVENT group and higher ATROVENT group than in the vehicle group.

[2] Epistaxis reported by 5.4% of ATROVENT patients and 1.4% of vehicle patients, blood-tinged nasal mucus by 2.8% of A VENT patients and 0.9% of vehicle patients.

ATROVENT Nasal Spray 0.06% was well tolerated by most patients. The most frequently reported adverse events were sient episodes of nasal dryness or epistaxis. The majority of these adverse events (96%) were mild or moderate in nature, was considered serious, and none resulted in hospitalization. No patient required treatment for nasal dryness, and only patients (<1%) required treatment for epistaxis, which consisted of local application of pressure or a moisturizing agent petroleum jelly). No patient receiving ATROVENT Nasal Spray 0.06% was discontinued from the trial due to either nasal ness or bleeding.

Adverse events reported by less than 1% of the patients receiving ATROVENT Nasal Spray 0.06% during controlled clinical trials which are potentially related to the local or systemic anticholinergic effects of Atrovent include: perversion, nasal burning, conjunctivitis, coughing, dizziness, hoarseness, palpitation, pharyngitis, tachycardia, thirst, tin and blurred vision. Additional anticholinergic effects noted with other ATROVENT dosage forms (ATROVENT® Inhalation Solu ATROVENT® Inhalation Aerosol and ATROVENT® Nasal Spray 0.03%) include: precipitation or worsening of narrow-angle coma, urinary retention, prostate disorders, constipation and bowel obstruction.

There were no reports of allergic-type reactions in the controlled clinical trials. Allergic-type reactions such skin rash, angioedema of the tongue, lips and face, urticaria, laryngospasm and anaphylactic reactions have been reported other ipratropium bromide products.

No controlled trial was conducted to address the relative incidence of adverse events for TID versus QID therapy.

HOW SUPPLIED ATROVENT® (ipratropium bromide) Nasal Spray 0.06% is supplied as 15 ml of solution in a high de polyethylene (HDPE) bottle fitted with a metered nasal spray pump, a safety clip to prevent accide discharge of the spray, and a clear plastic dust cap. The 15 ml bottle of ATROVENT Nasal Spray is designed to deliver 165 sp of 0.07 ml each (42 mcg ipratropium bromide).

Store tightly closed between 59°F (15°C) and 86°F (30°C). Avoid freezing. Keep out of reach of children. A spraying in or around the eyes.

Consult package insert before prescribing.

AN.06-BS-1(



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AN-6

Ask anyone in this town how to save someone from drowning and the answer's always the same.

Collect box tops.



For years, the rural community of Delta Junction, Alaska, a town surrounded by lakes and streams, had been troubled by several drownings and near drownings due to children swimming in unsafe waters. To ward off future tragedies, Devra Milligan and Ann Toth, two 4th grade teachers, turned to the Big G Box Tops for Education Program–an easy fundraising program that lets elementary schools redeem participating General Mills box tops for cash.



Cash that can be put towards anything the school needs. In this case a swimming and survival program. With the money raised through the Big G Box Tops for Education Program, the Delta Junction Elementary School now has their swimming program up and running. You too can help your child's elementary school successfully raise money for the things it needs most.

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When Kids Drive...

by Barbara Fields

The whomp of a car door slamming and the shout, "Mom, Dad, I'm home!" can be the sweetest sounds a parent will ever hear.

Usually, when the phone rings at midnight, I expect bad news. This time my fears were confirmed. Through hysterical sobbing, my 16-year-old daughter said she'd just had an accident. Once I'd determined that the only thing wrecked was the car, my shaking subsided and I was able to put things in perspective. Laura was safe, though the incident made me realize how powerless I am once she backs down the driveway.

When your toddler takes her first steps, up go the gates at the stairs, away go breakables on coffee tables and bookshelves. If those furnishings have sharp corners, away they go too. These precautions provide a safe environment for a 16-month-old child, but what can you do when your 16-year-old gets behind the wheel of a car?

It's a rare teenager who doesn't spend every waking moment leading up to that magic 16th birthday planning, preparing, and pleading for a driver's license and a car. Getting a license is an important milestone—a major step toward adulthood. It's also one of the most easily attained documents in the United States. In most states, a teen need only pass a vision test and a written exam based on knowledge of traffic safety rules to obtain a learner's permit. Then with a minimum of on-the-road practice, a young person can easily pass the requirements for an unrestricted license. When you also consider that a first-year driver tends to overestimate his ability behind the wheel, it's no wonder kids are at risk.

Truth in numbers. In this country the life expectancy has risen over the past 20 years for every age group except one: Teenagers. The culprit? Car crashes. They're the number one killer of 15- to 20-year-olds.

The carnage is way out of proportion. Teenagers make up only 6.7 percent of drivers but account for 14 percent of drivers involved in fatal auto crashes.

The younger the driver, the scarier the statistics. At 16 years, inexperience is leading to 43.2 crashes per million miles driven. But just a year later, now-veteran 17-year-old drivers experience a significant drop in the accident rate—30.3 crashes per million miles.

Why are teens the worst drivers? Because too many are easily distracted risk takers. All too often, they fail to see a dangerous situation developing as they fiddle with radio dials, get swept away by their favorite songs, or pay more attention to their

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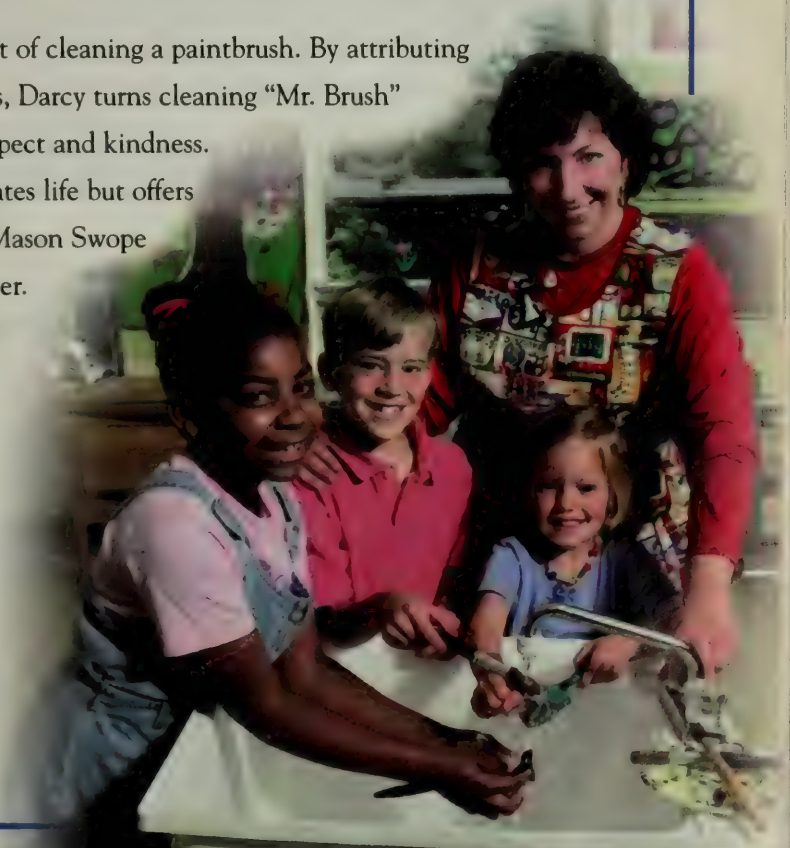
This Isn't Just A Course In Art, It's A Course In Living.

While most art classes teach us how to express life, it is a rare one indeed that teaches us how to live it. But that's what Darcy Swope aspires to in her art classes at The Potomac School in McLean, Virginia.

In addition to teaching her students the fundamentals of drawing and painting, Darcy incorporates lessons that instill lifelong habits and values. Classwide projects, like the creation of a gigantic rainbow, become opportunities to show the importance of sharing and cooperation. Group discussions about individual works of art teach the children to see things from different perspectives and to critique with sensitivity.

There's even a lesson in the simple act of cleaning a paintbrush. By attributing human feelings to the children's art supplies, Darcy turns cleaning "Mr. Brush" into a metaphor for treating others with respect and kindness.

For showing us how art not only imitates life but offers lessons in it, we are proud to honor Darcy Mason Swope as our newest Good Neighbor Award winner. State Farm is pleased to contribute $5,000 in her name to The Potomac School.



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The Good Neighbor Award was developed in cooperation with the National Art Education Association.

When Kids Drive

continued from page 74

passengers than to oncoming traffic.

"I find that emotions play a large part in why young drivers may have accidents," says Mary Browarek, driving school owner and instructor. "A teen may be thinking about a recent breakup with a boyfriend or a poor grade on a test and not be fully concentrating on the road."

Sara Gross, a high school senior, had been driving for about three months when she had her first accident. "I had just taken my SATs, and my mind was occupied on how I had done on the exam. I had two friends in the car with me, and I guess I just wasn't paying attention when I hit another car."

Another reason teens experience a higher percentage of crashes is simply that many have had little road experience, especially on dark, rainy nights and on slick streets. Sixteen-year-olds are especially dangerous at night. "The nighttime crash rates are almost off the boards," says Allan Williams of the Insurance Institute for Highway Safety. Though parents understand that their teens need on-the-road practice in all driving conditions, they may be anxious about taking their new drivers out when it's dark or when the weather is bad, so teens aren't getting the experience they need in the conditions that are the most dangerous for them.



ARE YOU A GOOD ON-THE-ROAD ROLE MODEL?

High school driver education students rate their parents' driving skills

Traffic Safety Rule	Percent Following Rule	
	Mother	Father
1 My parents always use a seat belt.	47%	30%
2 My parents signal a safe distance before turning.	59%	51%
3 My parents drive at the posted speed limit or less than five miles above.	31%	23%
4 My parents come to a complete stop at stop signs and before turning at red lights.	45%	29%
5 If your parents taught you to drive, who was the more patient instructor. (72% of the students were instructed by parents.)	32%	40%

Graduated licensing. Do 16-year-olds get too much freedom too soon? Herb Simpson, director of the Traffic Injury Research Foundation of Canada, thinks so. He has found that even mandatory driver education training has made little impact on accident statistics for young drivers. "What you need is a system that allows them the opportunity to get experience, but to get that experience under conditions of controlled risk," says Simpson. He started a program in Canada that does just that.

Graduated licensing provides young drivers with a controlled progression to unrestricted driving in three stages: a minimum length of time on a learner's permit with supervised driving practice, a restricted license for a specified time allowing unsupervised driving under certain conditions, and then a full license provided the driver has had no accidents or violations.

Simpson says parents like the program. "It's compelling when you have teens who want to drive, and the parent has to be the bad guy and say no. One of the advantages we've heard from parents is that graduated licensing puts them in the position that they're simply complying with rules."

In this country, 21 states will have approved some form of graduated licensing by the end of this year. While restrictions vary from state to state, Michigan's law is currently ranked among the best by driver safety groups. Teens can first earn a six-month learner's permit just before their 15th birthday, and may practice on the road with a licensed driver over the age of 21. To receive a restricted license, they must complete an introductory driver's education course, and their parents need to certify that they have completed 50 hours of supervised driving, including 10 hours at night. After passing an advanced driver's education course and a road test, 17-year-olds who have held this restricted license for at least six months

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Pads. Creams. Gels. Cleansers. Your son has probably tried them all. But if they haven't gotten rid of his acne, maybe it's time to take him to the doctor. Your son may not want to go. And, like many young men his age, he may even downplay his acne. But he does want something that works. Look how hard he tries with treatments that *haven't* worked. Only a doctor can decide which acne treatments he needs.

Maybe your son's acne can be cleared up.

Take him to a doctor.

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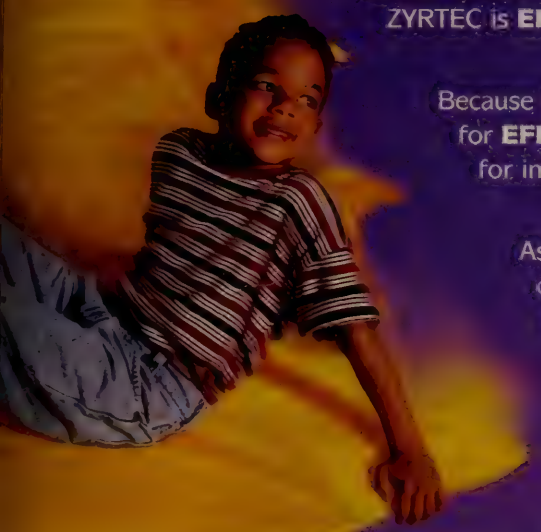
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When it's your child's allergy, there's no such thing as a small allergy. So for your child's allergy there's **EFFECTIVE** relief—ZYRTEC® (cetirizine HCl) syrup. ZYRTEC has a **BIG** banana-grape taste kids like. You only have to give it once a day. And it has no alcohol or dyes. Safety has been demonstrated in children and adults from 6 to 94 years of age. ZYRTEC is **EFFECTIVE** prescription relief for your child's allergies.

Because your child's allergies are a **BIG** deal, ask your doctor for **EFFECTIVE** allergy relief—ZYRTEC. Call **1-888-BIG-RELIEF** for important information about allergies and ZYRTEC.

As with all prescription medications, side effects may occur. Always talk to your doctor about any medication your child may take. When children (6 to 11 years) took ZYRTEC syrup, most side effects were mild or moderate. The most common side effects included headache (11.0% at 5 mg, 14.0% at 10 mg, and 12.3% on placebo), pharyngitis (6.2% at 5 mg, 2.8% at 10 mg, and 2.9% on placebo), abdominal pain (4.4% at 5 mg, 5.6% at 10 mg, and 1.9% on placebo), and somnolence (1.9% at 5 mg, 4.2% at 10 mg, and 1.3% on placebo). Discontinuation due to side effects was not significantly different from placebo (0.4% for ZYRTEC syrup vs 1.0% for placebo).

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ONCE-A-DAY
ZYRTEC®
cetirizine HCl

EFFECTIVE RELIEF FOR YOUR CHILD'S ALLERGIES

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ONCE-A-DAY ZYRTEC® cetirizine HCl

For Seasonal and Year-round Allergies and Chronic Idiopathic Urticaria.
Due caution should be exercised when driving a car or operating potentially dangerous machinery.

BRIEF SUMMARY
ZYRTEC® (CETIRIZINE HYDROCHLORIDE) TABLETS AND SYRUP FOR ORAL USE
(FOR FULL PRESCRIBING INFORMATION, CONSULT PACKAGE INSERT)

CONTRAINDICATIONS ZYRTEC is contraindicated in those patients with a known hypersensitivity to it or any of its ingredients or hydroxyzine. **PRECAUTIONS** Activities Requiring Mental Alertness: In clinical trials, the occurrence of somnolence has been reported in some patients taking ZYRTEC; due caution should therefore be exercised when driving a car or operating potentially dangerous machinery. Concurrent use of ZYRTEC with alcohol or other CNS depressants should be avoided because additional reductions in alertness and additional impairment of CNS performance may occur. **Drug-drug Interactions:** No clinically significant drug interactions have been found with theophylline at a low dose, azithromycin, pseudoephedrine, ketoconazole, or erythromycin. There was a small decrease in the clearance of cetirizine caused by a 400 mg dose of theophylline; it is possible that larger theophylline doses could have a greater effect. **Carcinogenesis, Mutagenesis and Impairment of Fertility:** No evidence of carcinogenicity was observed in a 2-year carcinogenicity study in rats at dietary doses up to 20 mg/kg/day (approximately 10 times the maximum recommended human daily oral dose on a mg/m^2 basis). An increased incidence of benign liver tumors was found in a 2-year carcinogenicity study in male mice at a dietary dose of 16 mg/kg/day (approximately 4 times the maximum recommended human daily oral dose on a mg/m^2 basis). The clinical significance of these findings during long-term use of ZYRTEC is not known. Cetirizine was not mutagenic in the Ames test, and not clastogenic in the human lymphocyte assay, the mouse lymphoma assay, and *in vivo* micronucleus test in rats. No impairment of fertility was found in a fertility and general reproductive performance study in mice at an oral dose of 64 mg/kg/day (approximately 26 times the maximum recommended adult human daily oral dose on a mg/m^2 basis). **Pregnancy Category B:** Cetirizine was not teratogenic in mice, rats and rabbits at oral doses up to 96, 225, and 135 mg/kg/day (or approximately 40, 180, and 215 times the maximum recommended adult human daily oral dose on a mg/m^2 basis), respectively. There are no adequate and well-controlled studies in pregnant women. Because animal studies are not always predictive of human response, ZYRTEC should be used in pregnancy only if clearly needed. **Nursing Mothers:** Retarded pup weight gain was found in mice during lactation when dams were given cetirizine at 96 mg/kg/day (approximately 40 times the maximum recommended adult human daily oral dose on a mg/m^2 basis). Studies in beagle dogs indicate that approximately 3% of the dose is excreted in milk. Cetirizine has been reported to be excreted in human breast milk. Because many drugs are excreted in human milk, use of ZYRTEC in nursing mothers is not recommended. **Geriatric Use:** In placebo-controlled trials, 186 patients aged 65 to 94 years received doses of 5 to 20 mg of ZYRTEC per day. Adverse events were similar in this group to patients under age 65. Subset analysis of efficacy in this group was not done. **Pediatric Use:** The safety of ZYRTEC, at daily doses of 5 or 10 mg, has been demonstrated in 376 pediatric patients 6-11 years of age in placebo-controlled trials lasting up to four weeks and in 254 patients in a non-placebo-controlled 12 week trial. *The effectiveness of ZYRTEC for the treatment of seasonal and perennial allergic rhinitis and chronic idiopathic urticaria in this pediatric age group is based on an extrapolation of the demonstrated efficacy of ZYRTEC in adults in these conditions and the likelihood that the disease course, pathophysiology and the drug's effect are substantially similar between these two populations.* The recommended doses for the pediatric population are based on a cross-study comparison of the pharmacokinetics and pharmacodynamics of cetirizine in adults and pediatric subjects and on the safety profile of cetirizine in both adults and pediatric patients at doses equal to or higher than the recommended doses. The cetirizine AUC and C_{max} in pediatric subjects 6-11 years of age who received a single dose of 10 mg of cetirizine syrup was estimated to be intermediate between that observed in adults who received a single dose of 10 mg of cetirizine tablets and those who received a single dose of 20 mg of cetirizine tablets. **ADVERSE REACTIONS** Controlled and uncontrolled clinical trials conducted in the United States and Canada included more than 6000 patients aged 12 years and older, with more than 3900 receiving ZYRTEC at doses of 5 to 20 mg per day. The duration of treatment ranged from 1 week to 6 months, with a mean exposure of 30 days. Most adverse reactions reported during therapy with ZYRTEC were mild or moderate. In placebo-controlled trials, the incidence of discontinuations due to adverse reactions in patients receiving ZYRTEC 5 mg or 10 mg was not significantly different from placebo (2.9% vs. 2.4%, respectively). The most common adverse reaction in patients aged 12 years and older that occurred more frequently on ZYRTEC than placebo was somnolence. The incidence of somnolence associated with ZYRTEC was dose related, 6% in placebo, 11% at 5 mg and 14% at 10 mg. Discontinuations due to somnolence for ZYRTEC were uncommon (1.0% on ZYRTEC vs. 0.6% on placebo). Fatigue and dry mouth also appeared to be treatment-related adverse reactions. There were no differences by age, race, gender or by body weight with regard to the incidence of adverse reactions. Table 1 lists adverse experiences in patients aged 12 years and older which were reported for ZYRTEC 5 and 10 mg in controlled clinical trials in the United States and that were more common with ZYRTEC than placebo. Table 1: Adverse Experiences Reported in Patients aged 12 years and older in Placebo-Controlled United States ZYRTEC Trials (Maximum Dose of 10 mg) at Rates of 2% or Greater (Percent Incidence). ZYRTEC (N=2034) vs Placebo (N=1612) respectively: Somnolence (13.7% vs 6.3%); Fatigue (5.9% vs 2.6%); Dry Mouth (5.0% vs 2.3%); Pharyngitis (2.0% vs 1.9%); Dizziness (2.0% vs 1.2%). In addition, headache and nausea occurred in more than 2% of the patients, but were more common in placebo patients. Pediatric studies were also conducted with ZYRTEC. More than 1300 pediatric patients (6 to 11 years) with more than 900 treated with ZYRTEC at doses of 1.25 to 10 mg per day were included in controlled and uncontrolled clinical trials conducted in the United States. The duration of treatment ranged from 2 to 12 weeks. The majority of reported adverse reactions reported in pediatric patients (6 to 11 years) with ZYRTEC were mild or moderate. In placebo-controlled trials, the incidence of discontinuations due to adverse reactions in pediatric patients receiving up to ZYRTEC 10 mg was uncommon (0.4% on ZYRTEC vs 1.0% on placebo). Table 2 lists adverse experiences which were reported for ZYRTEC 5 and 10 mg in pediatric patients (6 to 11 years) in placebo-controlled clinical trials in the United States and were more common with ZYRTEC than placebo. Of these, abdominal pain was considered treatment-related and somnolence appeared to be dose related, 1.3% in placebo, 1.9% at 5 mg and 4.2% at 10 mg. Table 2: Adverse Experiences Reported in Pediatric Patients (6 to 11 years) in Placebo-Controlled United States ZYRTEC Trials (5 or 10 mg dose) Which Occurred at a Frequency of ≥ 2% in Either the 5 mg or the 10 mg ZYRTEC Group, and More Frequently Than in the Placebo Group: ZYRTEC 5 mg (N=161), 10 mg (N=215) vs Placebo (N=309): Headache (11.0%, 5 mg; 14.0%, 10 mg; 12.3%, placebo); Pharyngitis (6.2%, 5 mg; 2.8%, 10 mg; 2.9%, placebo); Abdominal pain (4.4%, 5 mg; 5.6%, 10 mg; 1.9%, placebo); Coughing (4.4%, 5 mg, 2.8%, 10 mg; 3.9%, placebo); Somnolence (1.9%, 5 mg; 4.2%, 10 mg; 1.3%, placebo); Diarrhea (3.1%, 5 mg, 1.9%, 10 mg, 1.3%, placebo); Epistaxis (3.7%, 5 mg, 1.9%, 10 mg, 2.9%, placebo); Bronchospasm (3.1%, 5 mg, 1.9%, 10 mg, 1.9%, placebo); Nausea (1.9%, 5 mg, 2.8%, 10 mg, 1.9%, placebo); Vomiting (2.5%, 5 mg, 2.3%, 10 mg, 1.0%, placebo). The following events were observed infrequently (less than 2%), in either 3982 adults and children 12 years and older or in 659 pediatric (6 to 11 years) patients who received ZYRTEC in U.S. trials, including an open adult study of six months duration; a causal relationship with ZYRTEC administration has not been established. **Autonomic Nervous System:** anorexia, urinary retention, flushing, increased salivation, dry mouth. **Cardiovascular:** palpitation, tachycardia, hypertension, cardiac failure. **Central and Peripheral Nervous Systems:** paresthesia, confusion, hyperkinesia, hypertonia, migraine, tremor, vertigo, leg cramps, ataxia, dysphonia, abnormal coordination, hyperesthesia, hypoesthesia, myelitis, paralysis, ptosis, twitching, visual field defect, syncope, dizziness. **Gastrointestinal:** increased appetite, dyspepsia, abdominal pain, diarrhea, flatulence, constipation, vomiting, ulcerative stomatitis, aggravated tooth caries, stomatitis, tongue discoloration, tongue edema, gastritis, rectal hemorrhage, hemorrhoids, melena, abnormal hepatic function, eructation. **Genitourinary:** polyuria, urinary tract infection, cystitis, dysuria, hematuria, micturition frequency, urinary incontinence. **Hearing and Vestibular:** earache, tinnitus, deafness, ototoxicity. **Metabolic/Nutritional:** thirst, dehydration, diabetes mellitus. **Musculoskeletal:** myalgia, arthralgia, arthrosis, arthritis, muscle weakness. **Psychiatric:** insomnia, sleep disorder, nervousness, depression, emotional lability, impaired concentration, anxiety, depersonalization, paroniria, abnormal thinking, agitation, amnesia, decreased libido, euphoria. **Respiratory System:** epistaxis, rhinitis, coughing, bronchospasm, dyspnea, upper respiratory tract infection, hyperventilation, sinusitis, increased sputum, bronchitis, pneumonia, respiratory disorder. **Reproductive:** dysmenorrhea, female breast pain, intermenstrual bleeding, leukorrhea, menorrhagia, vaginitis. **Reticuloendothelial:** lymphadenopathy. **Skin:** pruritus, rash, dry skin, urticaria, acne, dermatitis, erythematous rash, increased sweating, alopecia, angioedema, furunculosis, bullous eruption, eczema, hyperkeratosis, hypertrichosis, photosensitivity reaction, photosensitivity toxic reaction, maculopapular rash, seborrhea, purpura, skin disorder, skin nodule. **Special Senses:** taste perversion, taste loss, parosmia. **Vision:** blindness, loss of accommodation, eye pain, conjunctivitis, xerophthalmia, glaucoma, ocular hemorrhage. **Body as a Whole:** Increased weight, back pain, malaise, fever, asthenia, generalized edema, periorbital edema, peripheral edema, rigors, leg edema, face edema, hot flashes, enlarged abdomen, nasal polyp, pain, pallor, chest pain, accidental injury. Occasional instances of transient, reversible hepatic transaminase elevations have occurred during cetirizine therapy. A single case of possible drug-induced hepatitis with significant transaminase elevation (500 to 1000 IU/L) and elevated bilirubin has been reported. In foreign marketing experience the following additional rare, but potential severe adverse events have been reported: hemolytic anemia, thrombocytopenia, orofacial dyskinesia, severe hypotension, anaphylaxis, hepatitis, glomerulonephritis, stillbirth, and cholestasis. **DRUG ABUSE AND DEPENDENCE** There is no information to indicate that abuse or dependency occurs with ZYRTEC. **OVERDOSAGE** Overdosage has been reported with ZYRTEC. In one adult patient who took 150 mg of ZYRTEC, the patient was somnolent but did not display any other clinical signs or abnormal blood chemistry or hematology results. In an 18-month-old pediatric patient who took an overdose of ZYRTEC (approximately 180 mg), restlessness and irritability were observed initially; this was followed by drowsiness. Should overdose occur, treatment should be symptomatic or supportive, taking into account any concomitantly ingested medications. There is no known specific antidote to ZYRTEC. ZYRTEC is not effectively removed by dialysis, and dialysis will be ineffective unless a dialyzable agent has been concomitantly ingested. The acute minimal lethal oral doses in mice and rats were 237 and 562 mg/kg, respectively (approximately 55 and 265 times the maximum recommended human daily oral dose on a mg/m^2 basis). In rodents, the target of acute toxicity was the central nervous system, and the target of multiple dose toxicity was the liver. **DOSAGE AND ADMINISTRATION Adults and Children 12 years and older:** The recommended initial dose of ZYRTEC is 5 or 10 mg per day in adults and children 12 years and older, depending on symptom severity. Most patients in clinical trials started at 10 mg. ZYRTEC is given as a single daily dose, with or without food. The time of administration may be varied to suit individual patient needs. In patients with decreased renal function (creatinine clearance 11-31 mL/min), patients on hemodialysis (creatinine clearance less than 7 mL/min), and in hepatically impaired patients, a dose of 5 mg once daily is recommended. **Children 6 to 11 years:** The recommended initial dose of ZYRTEC in children aged 6 to 11 years is 5 or 10 mg (1 or 2 teaspoons) once daily depending on symptom severity. The time of administration may be varied to suit individual patient needs. Cetirizine is licensed from UCB Pharma, Inc.

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When Kids Drive

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are eligible for an unrestricted license, but must remain accident- and violation-free for 12 consecutive months.

Other states have been slow to accept graduated licensing. And currently only four—Kentucky, California, Michigan, and North Carolina—require any parental supervision of driving.

Zero tolerance. While graduated licensing may safeguard those young drivers whose crashes are related to inexperience, statistics show that among fatally injured teen drivers, almost 30 percent had been drinking before the crash. Peer pressure and the need to experiment with new situations may entice teens to drink, but combine this with their immaturity as drivers, and you're faced with a deadly cocktail.

State legislators and local governments have investigated a number of plans to prevent the problem of teenage drinking and driving. All states and the District of Columbia now have 21-year-old minimum drinking age laws. These laws have reduced accident deaths for 18 to 20-year-old drivers by 13 percent, saving about 15,667 lives since 1975.

Thirty-nine states plus the District of Columbia have instituted zero tolerance laws. This means that drivers under the age of 21 with more than a trace of alcohol in their blood are considered to be legally intoxicated and face immediate suspension of their driver's license. The threat of losing a license may catch a teen's attention quicker than anything, including trying to instill a fear of injury or death.

Remember, driving is a privilege, not a right. The tips *below* will help you develop strategies your family can live with.

WHAT PARENTS CAN DO

Many families aren't waiting for their legislators to take action. They're implementing their own graduated licensing policies. Your child does not have the right to the car keys just because he's old enough. If you're not ready for him to drive, or if you don't think he's responsible, delay a year or two. Here are some strategies you can implement at home to make sure your young drivers get off on the right track.

- **Give her supervised practice on the road** (even after she receives a license). This way you can observe the formation of poor driving habits and slowly provide more difficult driving experiences—rush-hour city traffic, poor weather conditions, and freeways. Pilots must log a minimum 40 hours of supervised flight time before receiving a pilot's license. Parents can require teens to log 35 to 40 hours of supervised driving, documented on index cards kept in the car's glove compartment.
- **Choose a safe car for your new driver.** Buy a car of substantial size and weight—a tank would do nicely—with shoulder harnesses, air

bags, and antilock brakes, if possible. Avoid performance cars, and insist a seat belt be worn at all times—or the keys are yours.

- **Offer your teen a driver's education program** which includes classroom as well as on-the-road practice. In your day, your school probably provided free driver's ed. That's history in most school districts. Whether you choose a school-based program for which you pay a fee, or a private school, classes are a must. These programs help develop good driving habits, and the teachers are more relaxed than you would be with your teen. "We provide 30 hours of classroom and six hours on the road," says John Blackshire, a long-time driving instructor. "But we suggest that parents give an additional 24 to 30 hours of road experience before taking teens for their driving test. The more experience, the more mature the driver."
- **Draw up a "driving contract"** complete with rules, responsibilities, and consequences. Many families don't allow first-year drivers to drive with passengers, or to drive after dark without an adult. Others don't allow their kids to ride in a car with a first-year driver. Some parents also insist on a certain grade point average—many insurance companies provide a "good student" discount. Don't be afraid to deny privileges for even minor rule infractions.
- **Encourage your teen to join S.A.D.D.** Students Against Driving Drunk is a nationwide club available in many high schools that promotes designated drivers and the absence of intoxication while driving. Students sign a "contract for life" which states that they promise to call a parent for a safe ride home if they are ever in a dangerous situation.
- **Support new laws regarding teen driver safety.** Write to legislators recommending graduated licensing, zero tolerance laws, and Cinderella laws that limit nighttime driving.
- **Be a good role model.** Always use good driving habits, wear your seat belt, and follow traffic safety laws. You are your teen's best example. One parent in Pennsylvania took this one step further. Joseph Abramek, impatient for legislators to take the lead and concerned about how he could lower the odds of his two teenage daughters becoming statistics, developed a driver monitoring program. "Drive-Safe" is based on the 1-800 HOW'S MY DRIVING? stickers seen on commercial trucks. In Abramek's program, parents place a sticker on the teen's car asking other drivers to call an 800 number when they see a mistake or have a close call with a new driver. "Driver monitoring is not for parents who want to spy on their teenagers," Abramek says. "It's a service that allows parents and teens to keep the lines of communication open and to correct mistakes before they become ingrained behaviors." While he trusts his daughters behind the wheel, Abramek says he realizes that they're inexperienced—and he would rather learn about their mistakes through this program than an emergency room doctor.

Though your teen driver will test the limits of your concern and patience, this knowledge and these strategies can make this time a valuable learning experience for everyone.

For information about starting a S.A.D.D. club, contact S.A.D.D., P.O. Box 800, Marlborough, MA 01752; 508/481-3568. For more information about Drive Safe, call 800/928-2435.



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by Steven Mumford

Carpet Safeguards

When you get ready to install new carpet, try these tips to prevent excessive airborne dust and to reduce your exposure to the volatile organic compounds (VOCs) from the dyes and glues used to manufacture carpet.

First, look for a low-VOC-emitting carpet, then ask the seller if the carpet and cushion can be unrolled in a warehouse or storage facility for a day or two before they are installed in your home.

Vacuum the old carpet before you remove it. You may want to replace the vacuum cleaner's bag to maximize its efficiency.

After the new carpet is installed, thoroughly ventilate the house. If you replace your carpet when it's warm outside, you'll be able to get maximum airflow by opening all of the windows, running fans, and turning on central air conditioning.

Continue to ventilate for several days. The VOCs in most carpets dissipate within 48 to 72 hours after a new installation is complete.





fridge checkup

The dial on your refrigerator's thermostat probably reads cold, colder, coldest, but to protect your food and ensure efficient operation, you'll need to be more precise than that. Any temperature over 40 degrees is like a fever to your fridge. These higher temperatures allow bacteria to grow at an unacceptable rate and create a health risk for you and your family. Refrigerators can catch cold, too. Obviously, any temperature below 32 degrees will freeze your milk. Some foods, such as leafy vegetables, can't stand temperatures below 34 degrees; lettuce will wilt and spinach gets soggy. These colder temperatures will also cause the refrigerator to cycle on and off unnecessarily, wasting energy and shortening compressor life.

Ideally, refrigerators should be set to maintain a temperature between 36 and 38 degrees. To test the temperature, put a kitchen thermometer in a glass of water, put the glass in the refrigerator, and let it sit overnight. If the thermometer reads above or below the suggested range, adjust the thermostat *slightly* and allow 24 hours for the temperature to adjust. After reaching the right temperature, you can improve efficiency by keeping the fridge full. The thermal mass created by the food will help offset the effect of warm air that enters the refrigerator when you open the door.

Recycling the Heat

Many of today's energy-efficient homes have a difficult time exhausting stale air during the winter when all of the windows are closed up tight. Adding a heat recovery ventilator can solve the problem. Like opening a window, a heat recovery ventilator brings fresh outdoor air inside, but it does it without letting the heat escape. The basic principle involved is called heat exchange. The ventilator draws heat out of stale-but-hot exhaust air before it leaves the house. This heat is then transferred to the colder incoming air. The result? Warm, fresh air. A new generation of high-tech recovery systems save significant energy while keeping you comfortable. Ventilators work the opposite way during the summer months.



HAVE YOU *EVER*

TREATED A

VAGINAL YEAST INFECTION

in

BROAD DAYLIGHT ?

You can with

Oral DIFLUCAN®
(fluconazole)

The only one-dose tablet for yeast infections you can take anytime—day or night.

You simply take one oral tablet once for a complete cure for most vaginal yeast* infections. That's the great idea behind Diflucan, the treatment doctors have prescribed more than 2 million times.† And Diflucan has been shown to be comparable to 7 days of Monistat® 7, Gyne-Lotrimin®, or Mycelex®-7.‡ In US clinical studies, the most common side effects that occurred with Diflucan were headache (13%), nausea (7%), and stomach pain (6%). To find out more about the prescription oral treatment... ask your doctor or healthcare professional about Diflucan for vaginal yeast infections.

Diflucan®
(fluconazole 150-mg tablet)
The one-dose *oral* treatment

Pfizer

Please see additional important product information on adjacent page.

*Due to *Candida*.

† IMS America National Prescription Audit September 1994-January 1996.

‡ Monistat 7 (miconazole) is a registered trademark of Ortho Pharmaceutical Corp; Gyne-Lotrimin (clotrimazole) is a registered trademark of Schering-Plough Corp; Mycelex-7 (clotrimazole) is a registered trademark of Bayer Corp.

Diflucan®
(fluconazole 150-mg tablet)

for vaginal yeast infections due to *Candida*

Summary of patient information about DIFLUCAN (Dí-flū-can), fluconazole (flū-coń-a-zol)

PLEASE READ THIS BEFORE USING DIFLUCAN for the treatment of vaginal yeast infections due to *Candida*.

Pfizer wants you to know as much as possible about your medicines. The purpose of this summary is to inform you about DIFLUCAN and its use in the treatment of vaginal yeast infections. However, no summary can take the place of a discussion between you and your doctor or other healthcare professional. Your doctor has been provided with full prescribing information for DIFLUCAN, upon which this summary is based. You may want to read it and discuss any questions you may have.

What is a vaginal yeast infection?

In the vagina, yeast and bacteria live together in a balance that limits the excessive growth of either. When this normal balance is upset for any reason, an infection can occur. Changes within the vagina can be caused by increased moisture, as may happen during prolonged exposure to wet clothing or sweaty exercise outfits.

In addition, some medical conditions and certain medicines can increase the chances of getting a yeast infection. Specifically, the chances of getting an infection are higher in women who are pregnant, diabetic, using birth control pills, or taking antibiotics. Vaginal infections are common, and an estimated 75% of all adult women have at least one vaginal yeast infection in their lifetimes.

Vaginal yeast infections are uncomfortable and may cause itching, burning, and soreness. When infected, the lining of the vagina becomes inflamed (a condition known as vaginitis) and the vaginal area reddens. An increase in vaginal secretions is also common during yeast infections, and some women have a thick, white discharge.

What is *Candida*?

Most yeast infections are caused by a type of fungus called *Candida*. It is normal for the *Candida* yeast to live in the human body.

How does DIFLUCAN work against a yeast infection?

DIFLUCAN is an antifungal agent that works by interfering with the yeast's normal growth process. Because of this action, DIFLUCAN effectively cures most vaginal yeast infections due to *Candida*.

Who should NOT take DIFLUCAN?

DIFLUCAN should not be taken by anyone known to be allergic to fluconazole, the active ingredient, or to any of the inactive ingredients listed at the end of this Summary. Also, you should tell your doctor or other healthcare professional if you are allergic to any other medicines.

How should I take DIFLUCAN and what should I expect?

DIFLUCAN for vaginal yeast infections is a 150-mg tablet that is taken by mouth. Most patients can expect to see the beginning of symptom relief within 24 hours of taking the tablet. As DIFLUCAN works to cure the infection over a period of days, symptoms will gradually lessen and eventually disappear.

DIFLUCAN can be taken anytime—day or night, with or without meals. You should take it as soon as possible, **by mouth**, to ensure the earliest relief. If the symptoms have not started to go away within 3 to 5 days, you should contact your doctor or other healthcare professional.

Possible side effects

In US clinical studies of 448 patients taking a single dose of DIFLUCAN for vaginal yeast infections, the most common side effects reported were headache (13%), nausea (7%), and stomach pain (6%). Other side effects reported were diarrhea (3%), indigestion (1%), dizziness (1%), and changes in the way food tastes (1%). Overall, 26% of patients taking DIFLUCAN reported side effects, compared with 16% of 422 patients using vaginal products. You may want to discuss with your doctor or other healthcare professional whether the convenience of a single oral dose outweighs the increased risk of side effects compared with other treatments that are applied directly in the vagina. You should also tell your doctor or other healthcare professional about any side effects you do experience.

Important warnings and precautions

Follow your doctor's directions about how to take DIFLUCAN, and be aware of the following points:

- If the symptoms of your vaginal yeast infection have not improved within 3 to 5 days, contact your doctor or other healthcare professional.
- DIFLUCAN has not been studied in pregnant women. If you are pregnant, your doctor should prescribe DIFLUCAN only if the benefit to you justifies the possible risk to the fetus.
- Because DIFLUCAN passes into human milk, you should not take DIFLUCAN while nursing.
- Be sure to tell your doctor and other healthcare professionals about *all* the medicines you are taking—prescription, nonprescription, and vitamins. They know about possible interactions between medicines and are best able to prevent them. DIFLUCAN may interact with certain birth control pills, cimetidine (Tagamet), hydrocholorothiazide, antacids, rifampin, warfarin (Coumadin), phenytoin (Dilantin), cyclosporine (Sandimmune), zidovudine (Retrovir or AZT), theophylline, terfenadine (Seldane), and oral antidiabetic medicines. If you are not sure whether you are taking any of these medicines, check with your doctor, pharmacist, or other healthcare professional.
- DIFLUCAN has been connected to rare cases of serious liver damage, including deaths, primarily in patients with serious underlying medical conditions.
- Rare cases of anaphylaxis (a severe allergic reaction) have been reported, as well as rare cases of a severe skin disorder.

Cancer and impairment of fertility

Like most prescription drugs, DIFLUCAN was required to be tested on animals before it was allowed for human use. Often these tests are designed to achieve higher drug levels than humans achieve at recommended dosing. In these tests, benign liver tumors were observed in some of the male animals and a complicated labor/delivery was observed in some female animals. Your healthcare professional can tell you more about how drugs are tested on animals and what the results of these tests mean about safety for you.

Pediatric use

One-dose DIFLUCAN treatment for vaginal yeast infections due to *Candida* has not been studied in children. When multiple-dose DIFLUCAN was used for the treatment of other infections in children up to the age of 17 years, the most commonly reported side effects were vomiting (5%), stomach pain (3%), nausea (2%), and diarrhea (2%).

Active ingredient: Each tablet contains 150 mg fluconazole.

Inactive ingredients: Microcrystalline cellulose, dibasic calcium phosphate anhydrous, povidone, croscarmellose sodium, FD&C Red No. 40 aluminum lake dye, and magnesium stearate.

Caution: Federal law prohibits dispensing without a prescription. You must see a doctor to receive a prescription.

If you have any questions or want more information about DIFLUCAN for the treatment of vaginal yeast infections, talk to your doctor or other healthcare professional.

Pfizer U.S. Pharmaceuticals Group

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Buying guide
SHOPPING

Most of the products shown editorially in *Better Homes and Gardens*® magazine can be obtained locally. For more information, write the manufacturers listed below.

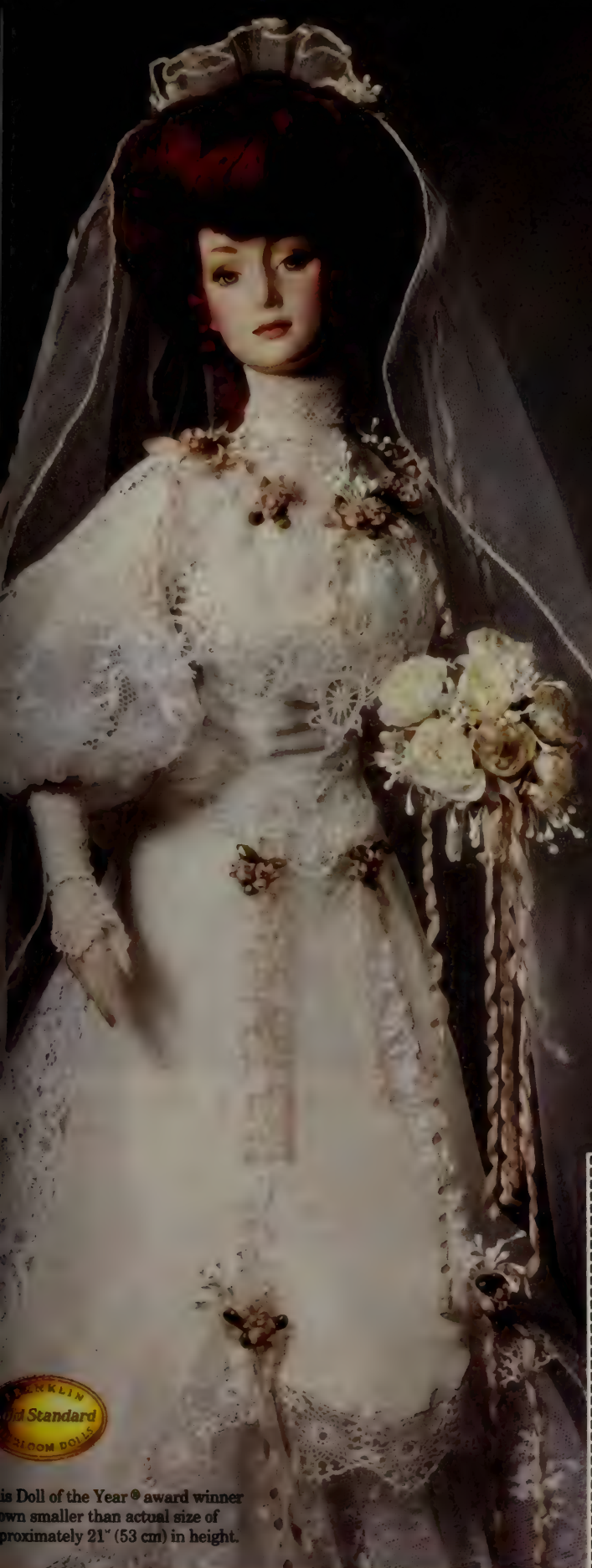
STYLE IN THE MAKING: ADD-ON ARCHITECTURE
Page 21: wallpaper—from the Gail Pittman An American Artist Collection, by Sandpiper Studios, distributed by Seabrook Wallcoverings, Inc., 1325 Farmville Rd., Memphis, TN 38122; 800/238-9152. **Flooring**—Original Pergo, Perstorp Flooring, Inc.; for a retailer near you or product brochure call 800/337-3746.
Page 22: embossed wall covering, Anaglypta RD124, from the Guesthouse Prints Collection—Eisenhart Wallcoverings Co., P.O. Box 464, Hanover, PA 17331; 800/931-9255. **Eurothane crown molding**—Style-Mark, Inc., 966 West Barre Rd., Archbold, OH 43502; for literature or a dealer near you call 800/446-3040. **Fifties retro floral print sheets as canopy,** 0341—Garnet Hill, the Original Natural Fibers Catalog; 800/622-6216. **Canopy bed conversion kit**—DreamBeds Canopy Conversion Kit, P.O. Box 205, Rockport, MA 01966; 508/546-5808.
Page 24: mantel shelf, 4720; **pilasters,** 4730—Vintage Wood Works, Hwy. 34 South, P.O. Box R, No. 3334, Quinlan, TX 75474; catalog $2; 903/356-2158. **Floral wallpaper,** "Leaf Sprig" (Denim), from the Village Classics Volume 2 Collection—Village; for a retailer near you call 800/552-9255.
Page 28: wall paint, "Valley View," SW1450—Sherwin-Williams; for a store near you call 800/474-3794. **Tablecloth**—antique. **Shutters**—available at lumberyards and home improvement centers nationwide.

TO THE LETTER
Pages 30-36: green velvet sofa, 7200; **sofa fabric,** "Windsor Olive"—Expressions, P.O. Box 6018, Metairie, LA 70006; 800/544-4519. **All other items shown**—antique, discontinued, or a personal belonging.

DECORATING SHOP
Page 38: Quick and Easy Stamped Linens Kit—Banar Designs, P.O. Box 483, Fallbrook, CA 92088. **Glass Etching Kit**—Armour Products, 210 Lawlins Park, Wyckoff, NJ 07481.

WELCOME TO MY ISLAND
Pages 58-60: cabinets—Cornerstone Cabinets, 292 S. County Rd., 800E, Plainfield, IN 46168; 317/718-0050. **Cooktop**—GE Appliances, GE Answer Center; 800/626-2000. **Sink**—Kohler Co., Kohler, WI 53044; 800/456-4537. **Faucet**—Delta Faucet Co., 55 E. 111th St., Indianapolis, IN 46280; 800/345-3358. **Dishwasher**—Maytag, One Dependability Sq., Newton, IA 50208; 800/688-9900. **Red chairs**—The Pottery Barn, Mail Order Dept., P.O. Box 7044, San Francisco, CA 94120-7044; 800/922-5507. **Windows**—Weather Shield Mfg., Inc., P.O. Box 309, Medford, WI 54451; 800/477-6808.
Page 62: cooktop—Jenn-Air, 403 W. Fourth St., N, Newton, IA 50208; 800/536-6247. **Hanging light fixtures**—Dana Creath Designs; 714/662-0111. **Refrigerator**—Amana Refrigeration, Inc., Amana Inquiry Services, 2001 Ruppman Plaza, Peoria, IL 61614; 800/843-0304. **Dishwasher**—Maytag, One Dependability Sq., Newton, IA 50208; 800/688-9900. **Microwave oven**—GE Appliances, GE Answer Center; 800/626-2000. **Faucet**—Price Pfister, Inc., 13500 Paxton St., Pacoima, CA 91331-4518; 800/732-8238.
Page 64: cabinets—KraftMaid Cabinetry, Inc., 16052 Industrial Pkwy., Middlefield, OH 44062; 800/654-3008. **Hardware,** "Black Pearl"—Hafele America Co., P.O. Box 4000, Archdale, NC 27263; 800/334-1873. **Sink**—Kohler Co. (address above). **Faucet**—Universal-Rundle Corp., 217 N. Mill St., P.O. Box 29, New Castle, PA 16103-0029; 800/955-0316. **Dishwasher**—Sears; for store locations, call 708/286-5188. **Oven**—Jenn-Air, 403 W. Fourth St., N, Newton, IA 50208; 800/536-6247. **Microwave oven**—GE Appliances, GE Answer Center; 800/626-2000.

continued on page 220



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A Kinder, Gentler Drive


HONDA CR-V

Sport/utility vehicles based on cars have nicer manners than truck-based types.


SUBARU FORESTER

by Ann Arnott

None of us have fallen too far from the family tree. If our parents are big, burly, rough-and-tumble people, our future may involve more football than ballet. It's the same with automobiles. Early generations of sport/utility vehicles descended from trucks, so the brawny, sometimes-bullish manners of the massive off-roaders were understandable. But not all of us want to drive trucks—not even after engineers soften them around the edges.

The alternative may be found in a new breed of sport/utility vehicles based on conventional passenger cars. One buyer who thinks so is Dr. Renato Giorgini of Lindenhurst, N.Y., owner of a Honda CR-V. "I've been waiting a long time for just this product," Giorgini says of his CR-V, which has more than a hint of the Honda Civic under its skin.

Giorgini wants the things that make sport/utility vehicles so popular: The surefootedness of four-wheel drive, the ability to carry bulky cargo ("when I load up at Price Club or Home Depot"), and the ability to haul a couple of good-sized friends ("two six-foot-plus buddies fit comfortably in the rear seats"). He says his CR-V "rides and handles like a car, you sit high for a good view of the road, yet you don't have to 'climb' in and out. At about $20,000, I think you get a lot for the money."

The CR-V isn't the only car-based option. It has a like-sized competitor in the Subaru Forester, which tooled onto dealer lots in July. Mechanically, the Forester is a hybrid of the Subaru Impreza and Legacy. Here's a look at the Forester and the CR-V, including what you'll gain and what you'll give up compared to other sport/utilities.

• **People Space.** Larger minivans and sport/utilities often seat seven adults, sometimes more. The Forester and the CR-V seat only five, and three adults won't be happy if they have to share the rear seat for long drives.

• **Cargo Space.** Cargo capacity in both vehicles is more than adequate for average uses—grocery and shopping bags, kids' school and sports equipment, and luggage for a long weekend. Both vehicles have small concealed storage compartments, and the Forester offers a cargo-area cover, but neither has a trunk for secure, locked storage.

• **Engine Power.** Both four-cylinder engines are adequate, neither wimpy nor over-muscled. The Forester's 2.5-liter,

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A Kinder, Gentler Drive

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165-horsepower engine provides an extra margin of power over the CR-V's 2.0-liter, 126-horsepower engine for quick accelerations, heavy loads, or steep climbs. Towing capacity is 1,000 pounds for the CR-V and 2,000 for the Forester, in line with other small sport utilities, but much less than the 8,000 pounds the full-size Ford Expedition V-8 can pull.

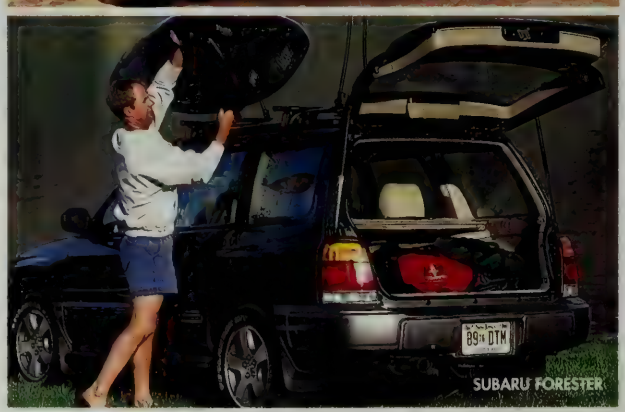
• **Fuel Economy.** EPA mileage ratings for the CR-V are 23 city, 25 highway. The Forester is rated at 21 city, 26 highway. Both burn less fuel than typical truck-based sport/utility vehicles.

• **"Off-Road" Prowess.** Neither hybrid offers a four-wheel low gear for serious off-road slogging, but few owners of sport/utilities ever take them off-road anyway. Both are fine for muddy country roads or snowy conditions.

• **Safety.** The CR-V and Forester meet all federal safety and emissions standards for passenger cars, which are more stringent than for trucks. Like passenger cars, they have a lower center of gravity, and therefore less chance of rolling over than some truck-based sport/utilities, which often have a higher, narrower stance.

Driver and passenger air bags are standard, as are front and rear seat head restraints and three-point safety belts (the center rear seat gets only a lap belt and no head restraint). Antilock brakes are standard on two of the three Forester models, but Honda charges extra. In both vehicles, the expanse of windows provides excellent visibility, nice for passengers as well as a safety advantage.





Honda's designers chose a two-part tailgate (*top*) with a window that rises and a door that swings. The folks at Subaru preferred the lifting one-piece approach (*bottom*).

• **Drive Systems.** The Forester, like all current Subarus, is equipped with full-time all-wheel drive, delivering power to all four wheels as needed to prevent and control slipping or spinning. The front-wheel drive CR-V offers "Real Time 4WD," which engages automatically but only when needed to send power to rear wheels for traction.

• **Easy Access.** It's easy to get in, get out, and "get at" these vehicles. Passengers don't have to hoist themselves up or hop down to access either front or rear seats, a blessing when you're wearing a skirt. Cargo space is easy to reach, too. The CR-V has a two-part cargo door. The top-hinged window swings up so you can drop in light items or retrieve them; the bottom half swings to the side, eliminating the need to lean over to load or unload. The Forester's one-piece liftgate swings up with enough clearance that a six-footer can stand upright under it.

Split rear seats fold flat when you need more cargo space. The CR-V offers 29.6 cubic feet of storage with rear seat backs in place, 67.2 with seat backs folded; the Forester has 33.2 and 64.6 cubic feet respectively. In contrast, a four-door Ford Explorer, the most popular of all sport/utility vehicles, has considerably more cargo space at 42.6 and 81.6 cubic feet, respectively.

• **Creature Comforts.** These hybrids offer most features you'd expect on a mid-range vehicle: air conditioning; four-speaker AM/FM stereo; intermittent windshield wipers and rear wiper/washer; cruise control; power door locks, mirrors, and windows (with auto-down on the driver's window); adjustable driver's seat and steering column. Storage bins, pockets, and cup holders abound.

• **Fun Features.** Both have 12-volt accessory outlets in the cargo area and the dashboard for powering portable cellular phones, refrigerated coolers, or air-mattress inflators. The center of the CR-V's cargo floor lifts out and has folding legs that convert it to a picnic table. Beneath that cargo floor is a waterproof tub that can be used as a cooler or a place to stash wet swimsuits (the Forester has a similar tub). Between the CR-V's front seats is a fold-up tray table/beverage holder, which is also a great spot to stash a purse. Subaru's cargo tray protects the carpet and lifts out for cleaning.

• **Prices.** The CR-V starts at $19,300 plus $395 freight. A four-speed automatic is standard for the CR-V; the only option package, which includes ABS and alloy wheels, adds about $1,000. A model with two-wheel drive and a manual transmission is due this fall.

The Forester starts at $18,695 (plus $495 freight) with a standard five-speed manual transmission. A four-speed automatic available on upgraded L and S models adds $800. An S model loaded with options costs $23,295. ♦

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Stroke

by Gary Legwold

New treatments bring hope

Gregory Byrd sees a lot of things in his rural Virginia medical practice, but he says the day he helped save a patient from a stroke is the closest thing to a miracle he has seen.

A 65-year-old woman collapsed while watching TV at night. Family members found her on the floor, awake, but not making sense. The right side of her body was paralyzed. She was rushed to the hospital.

Dr. Byrd, who only days earlier attended a conference on the new clot-dissolving medication tissue plasminogen activator (TPA), ordered a brain scan to determine what type of stroke the woman had, and then administered the drug.

"I remember saying to the staff, 'I saw this woman this afternoon, and she gave me a hug with both arms. When she leaves I want another one,' and I got it." Two hours after the stroke, the woman was fine.

Stroke, or brain attack, has long been a disease that draws out the fatalism in people. The nation's number one cause of adult disability and the third-leading cause of death has generally been considered unpreventable and untreatable. Avoiding one seemed to have more to do with the whims of fate than the skills of a neurologist.

"We could not intervene in the past," says Dr. Byrd, who lives in Woodstock, Virginia. "The old joke was that neurologists could diagnose everything and treat nothing."

That all changed last year.

The U.S. Food and Drug Administration approved TPA (Activase is the brand name) for stroke therapy in June 1996 and is on the verge of approving other powerful drugs.

"We finally found something that works," says Dr. Patrick Lyden, director of the University of California at San Diego's stroke center. "Generations have grown up with the idea that stroke is hopeless. Now we have tremendous hope."

Ask about TPA. Stroke is a sudden interruption of blood supply to the brain. If deprived of nutrients, brain cells begin to die within four minutes. There are two main types of stroke—ischemic or hemorrhagic. Ischemic, the most common, is caused by a blood clot, formed by the buildup of cholesterol-containing fatty deposits known as plaque. A

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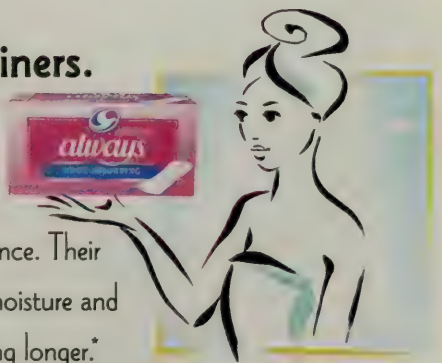


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Stroke

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hemorrhagic stroke, such as a burst aneurysm, happens when a blood vessel in the brain ruptures.

TPA is effective against ischemic strokes because it dissolves blood clots, reestablishing circulation in the brain. A five-year study by the National Institute of Neurological Disorders and Stroke found that TPA helped certain ischemic stroke patients who were given the drug within three hours of symptom onset. The patients were 33 percent more likely than a placebo group to recover from their stroke with little or no disability after three months.

While TPA can produce dramatic outcomes, the drug has its drawbacks. Since TPA is relatively new, only a minority of doctors and hospitals know how to administer it. Also, since only certain stroke patients can benefit from the drug, hospitals need trained stroke teams to rapidly assess stroke victims. Only a few have these teams in place.

"Many people assume that because TPA has been shown to be effective, it will quickly move into widespread use," says Zach Hall, Ph.D., director of the National Institute of Neurological Disorders and Strokes. "A major change in the treatment of acute stroke will be required, involving education of both medical and patient communities."



"TPA is not a guarantee for success, but at least it gives patients a chance."

TPA has a one in 16 chance of causing bleeding in the brain, thus worsening the stroke's effects. Because of this, TPA isn't given to patients who have had hemorrhagic strokes. "The medical community is reluctant to embrace TPA because the first rule of medicine is do no harm," says Dr. Byrd. "And with a one in 16 chance of doing that, many doctors are gun-shy."

Dr. Harold P. Adams, a professor of neurology at the University of Iowa College of Medicine, says using TPA means balancing the bleeding risk against the potential for improved outcome.

"Treating the clot can be dangerous, but not treating it is also a bad situation," he says. "TPA is not a guarantee for success, but at least it gives patients a chance."

Preventing a stroke. There is a new push, led by the National Stroke Association, for better stroke awareness and early detection. For the first time, doctors are making preemptive strikes by surgically reducing plaque buildup inside blocked arteries leading to the brain.

Neurosurgeons are using angioplasty—in which a small balloon is threaded into the artery where there is blockage and then inflated to compress the plaque. Surgeons are also cleaning out clogged neck arteries, the main blood pipeline to the brain. In this procedure—called a carotid endarterectomy—plaque is removed from the arteries on both sides of the neck. While there's a risk that this

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STROKE WARNING SIGNS

- Sudden onset of numbness, weakness, or paralysis in one side of the body. These sensations may be preceded by a pins-and-needles tingling.
- Blurred or loss of vision in one eye, or in half of your visual field.
- Sudden and unexplained onset of dizziness or loss of balance.
- Sudden onset of a facial droop.
- Loss of speech, or trouble talking or understanding speech.
- Severe, sudden, and unexplained headache.
- Nausea and vomiting that comes on much more suddenly than a typical virus.
- Brief loss of consciousness or a period of decreased consciousness (fainting, confusion, convulsions, or coma).

Any of these symptoms may signal a transient ischemic attack or "mini stroke." Mini strokes—which precede 10 percent of all strokes—can last from a few seconds to 24 hours. They don't cause permanent neurological damage, and many people downplay symptoms, attributing them to old age, fatigue, or a virus. But 5 percent of people who experience a mini stroke will have a full-blown stroke within a week, according to the National Stroke Association. Thirty-five percent will have one within five years.

For more information, contact the National Stroke Association, 96 Inverness Dr. E., Suite I, Englewood, CO 80112-5112; 800/787-6537.

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Stroke

continued from page 92

procedure may cause a stroke (the artery must be clamped while a surgeon removes the plaque), studies show that carotid endarterectomy may reduce stroke risk as much as 55 percent when an artery is at least 60 percent blocked.

New treatments looming. Some experts believe that TPA is just the tip of the iceberg. Dr. Richard Koller, a neurologist and past president of the Minnesota Stroke Association, says more effective stroke drugs and treatments are on the horizon.

"We're stepping across the threshold of what is a revolutionary time in neurology," he says. "In the next five years all kinds of new treatments may be used against stroke."

Some of the promising ones now being studied:

- Clot-busting drugs, such as Prourokinase and Ancrod. Ancrod—derived from the venom of a Malayan pit viper—is an enzyme that breaks down a protein essential to clotting.
- Neuroprotectives or brain-protecting drugs, such as lubeluzole and citicoline. A stroke sets off a destructive chain reaction. These brain-protecting drugs minimize the damaging effects of these processes.
- Oxygenated Fluorocarbon and Nutrient Emulsion Therapy. An oxygen- and nutrient-rich liquid is pumped to the brain through the cerebral spinal fluid.
- Neuroperfusion. Oxygen-rich blood is rerouted from an artery in the leg to veins in the back of the head. Blood then circulates to the stroke-affected area, carrying oxygen and helping the clot to dissolve or wash away.

Get help fast. To derive the most benefit from TPA and most other stroke medications, intervention should occur within the first three hours of a stroke. But that often doesn't happen.

Dr. Koller says that from his experience, 95 percent of people who have a stroke don't go to the hospital during the first three hours. Forty-two percent of stroke patients wait as long as 24 hours to get any medical help, says the National Stroke Association. The average is 13 hours. Perhaps patients don't recognize early warning signs, or they think symptoms will disappear (see *page 92*). They may worry about costs or think nothing can be done.

The best advice is to know the warning signs of stroke and then get help. If you are able, document the time your symptoms start and

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MY MOM HAD A STROKE. WILL I?

I remember waking up on my 44th birthday wondering if this would be the year I'd have a stroke. My mom had one at 44, and I couldn't help but think that the bomb that exploded in her head was ticking down for me. (Stroke survivors and their families often feel dumped on by fate.)

At the time of my mom's stroke—more than 20 years ago—there were no answers. Doctors said she had an aneurysm, a weak or thin spot on a blood vessel wall in your brain that looks like a tiny blister. It's often present at birth and can break anytime. High blood pressure and a fondness for cigarettes are risk factors. My mom had both.

After the stroke, her future looked bleak. If four people have ruptured aneurysms, two will die immediately, the third will survive but die soon after or be severely disabled. Only the fourth will recover.

Thankfully, my mom was that lucky fourth and made an almost full recovery. She enjoyed many years before dying of a heart attack last year.

But the legacy gave me a slight sense of doom for years until, while writing this story, I interviewed Dr. Richard Leblanc, a neurosurgeon at the Montreal Neurological Institute and Hospital. He says research has turned up some evidence that genetics play a role in stroke but that aneurysms usually don't run in families. There would be genetic concern if two or more people in my family had an aneurysm, but Mom is the only one I know of.

I started to feel different almost instantly: Instead of feeling cursed, I felt grateful. Fate had been kind.

There are things I can do to feel better. There's computed tomography scanning, magnetic resonance imaging, and magnetic resonance angiograms. But these screenings (which can cost up to $2,000) are often only recommended when two or more family members have an aneurysm.

A 41-year-old woman with fears similar to mine went to see Dr. Leblanc. Her mother was 51 when she had a ruptured aneurysm. Her sister was 38. The woman wondered when it was her turn. Tests showed she did indeed have an aneurysm. "We operated the next week," Dr. Leblanc said. "She's fine."

I'll probably always wonder if stroke is my destiny. In the meantime, I'll keep scheduling regular physicals and remember the early warning signs. My family knows them, and the kids know how to dial 911.

I'll also do one more thing—wake up on every birthday and enjoy the day.

— Gary Legwold

HEALTH

How to help antibiotics help you.

Have you ever asked your doctor for antibiotics to treat a cold or the flu? Do you sometimes stop taking your antibiotic prescription once you start to feel better? Or have you ever saved "leftovers" for next time? If so, read on.

Since their discovery more than 50 years ago, antibiotics have been a key factor in fighting bacterial infections and keeping us healthy. If you've ever been diagnosed with such common conditions as pharyngitis, chronic bronchitis, or a middle ear infection, chances are you've taken them. Yet antibiotics remain one of the most misunderstood and misused medications.

The truth is, antibiotics should be taken only when necessary and are effective only when used properly. While only your doctor can determine when you need them, there is much you can do to help. Start by reading these facts, and tips on proper usage.

What is an antibiotic?

Antibiotics are medications that either kill bacteria or stop them from growing. They are most commonly prescribed for bacterial infections, often involving the lungs, throat, or middle ear. Different antibiotics may be used for different types of infections. Only your doctor can determine what infection you have and which antibiotic is appropriate to treat it.

When is it appropriate to take an antibiotic?

Antibiotics only work against bacterial infections. So if you have a viral infection, such as the common cold or flu, do not expect or insist that your doctor prescribe you an antibiotic. Only your doctor can determine the type of infection you have and whether an antibiotic is necessary.

Why are some antibiotics prescribed differently than others?

Each antibiotic has a different chemical structure and this affects the way it works in the body. The specific antibiotic and the type of infection it's being used to treat, determine the number of days and the number of doses per day the antibiotic needs to be taken. Some antibiotics can be taken for 5 days while others are taken for 10 to 14 days. It is important to take the specified number of doses each day for the number of days prescribed by your doctor. Let your doctor know if you're taking other medications, which could interfere with how your antibiotic works.

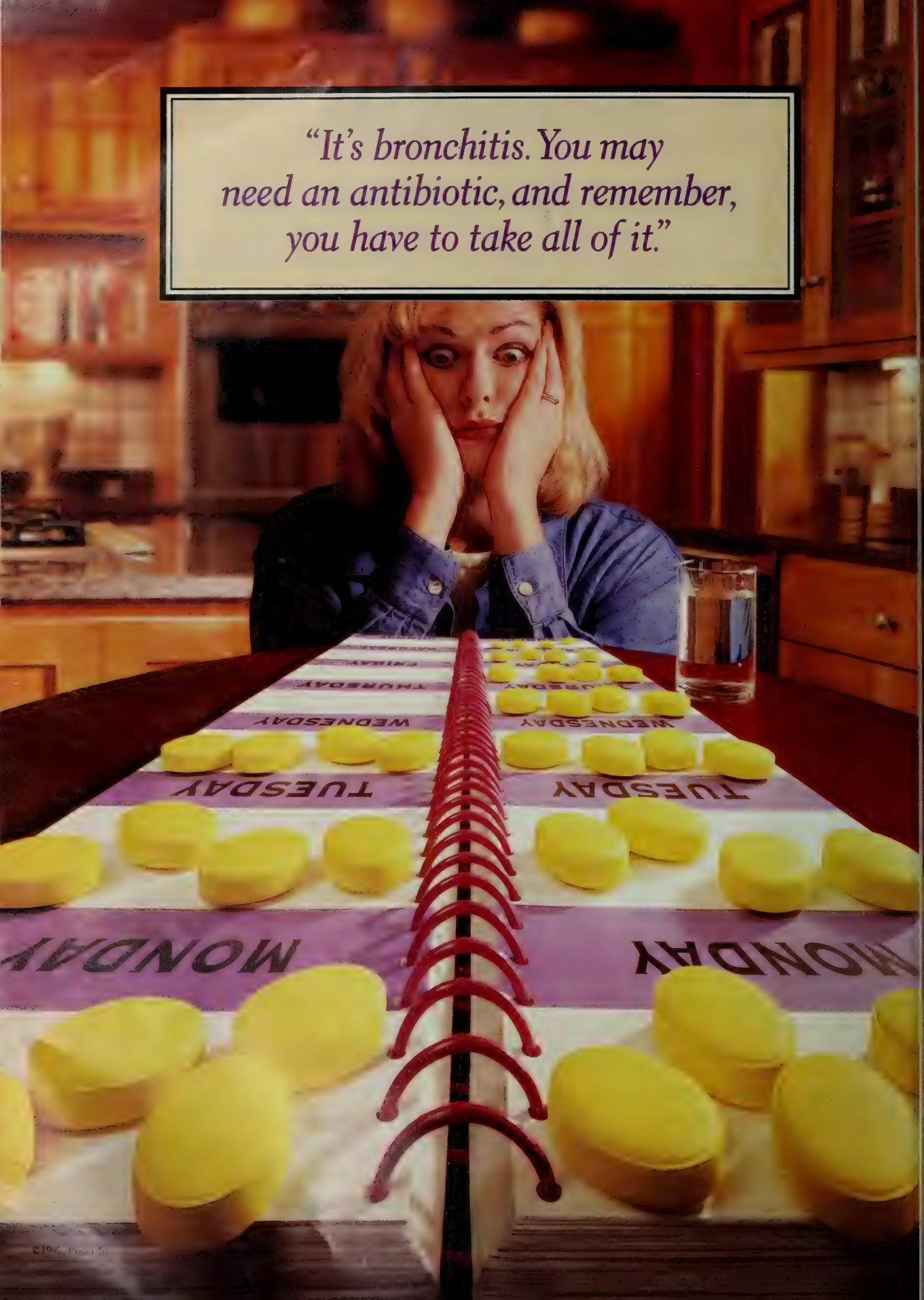
Why do I have to keep taking antibiotics after I start to feel better?

It's natural to begin feeling better when you first start your prescription, because the antibiotics have begun their job of knocking out harmful bacteria. But just because your symptoms are gone does not mean that your antibiotics have finished their work. If you stop antibiotics before the full course is finished, the infection may not be completely treated. Be sure to take the recommended amount of medication and follow your doctor's instructions carefully.

Remember these tips.

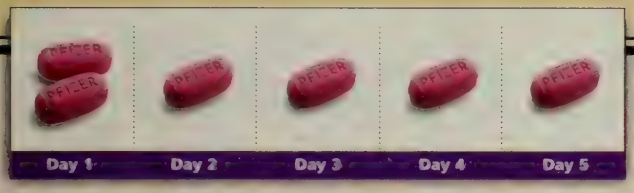
- **It's up to your doctor to decide whether you need an antibiotic, and if so, which one.**
- **Don't insist on a prescription for an antibiotic if you have a viral infection, such as a cold or the flu.**
- **Don't stop taking antibiotics before you complete your prescription, even if your symptoms are gone.**
- **Follow your doctor's instructions carefully. Take doses on schedule for the number of days indicated.**
- **Let your doctor know if you're taking other medications.**
- **Never share your medication with anyone. If you have any left over, throw it away.**
- **As with all medications, keep your antibiotics out of children's reach.**

Pfizer


"It's bronchitis. You may need an antibiotic, and remember, you have to take all of it."
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY



Or ask your doctor about Zithromax®. Five days and you're done.



If your doctor is prescribing an antibiotic for a bacterial respiratory tract infection such as chronic bronchitis, ask if Zithromax® is right for you.

THE ONLY ONCE-A-DAY FOR FIVE DAYS ANTIBIOTIC.

Unlike other antibiotics, you take Zithromax just once a day for five days. And five days are as effective as ten days of conventional therapy, because Zithromax continues to work for several days after your last dose.

Zithromax is well tolerated. The most common side effects are diarrhea (5%), nausea (3%), and abdominal pain (3%). Although allergic reactions are rare, should one occur, discontinue this medication and contact your healthcare professional. See the brief summary on the next page for complete details.

ASK YOUR DOCTOR IF ZITHROMAX IS RIGHT FOR YOU.

For more information and a free booklet, *Is it time to call the doctor?*, call 1-800-579-DAYS.

ONCE DAILY FOR 5 DAYS
Zithromax®
(AZITHROMYCIN) 250-mg tablets

Pfizer FIVE DAYS AND YOU'RE DONE.

Zithromax® (AZITHROMYCIN)

ZITHROMAX®
(azithromycin tablets)
BRIEF SUMMARY

CONTRAINDICATIONS ZITHROMAX® is contraindicated in patients with known hypersensitivity to azithromycin, erythromycin, or any macrolide antibiotic.
WARNINGS Serious allergic reactions, including angioedema, anaphylaxis, and dermatologic reactions including Stevens Johnson Syndrome and toxic epidermal necrolysis have been reported rarely in patients on azithromycin therapy. Although rare, fatalities have been reported. (See **CONTRAINDICATIONS**.) Despite initially successful symptomatic treatment of the allergic symptoms, when symptomatic therapy was discontinued, the allergic symptoms **recurred soon thereafter in some patients without further azithromycin exposure.** These patients required prolonged periods of observation and symptomatic treatment. The relationship of these episodes to the long tissue half-life of azithromycin and subsequent prolonged exposure to antigen is unknown at present. If an allergic reaction occurs, the drug should be discontinued and appropriate therapy should be instituted. Physicians should be aware that reappearance of the allergic symptoms may occur when symptomatic therapy is discontinued.
In the treatment of pneumonia, azithromycin has only been shown to be safe and effective in the treatment of community-acquired pneumonia due to *Chlamydia pneumoniae, Haemophilus influenzae, Mycoplasma pneumoniae,* or *Streptococcus pneumoniae* in patients appropriate for oral therapy. Azithromycin should not be used in patients with pneumonia who are judged to be inappropriate for oral therapy because of moderate to severe illness or risk factors such as any of the following: patients with cystic fibrosis, patients with nosocomially acquired infections, patients with known or suspected bacteremia, patients requiring hospitalization, elderly or debilitated patients, or patients with significant underlying health problems that may compromise their ability to respond to their illness (including immunodeficiency or functional asplenia). Pseudomembranous colitis has been reported with nearly all antibacterial agents and may range in severity from mild to life-threatening. Therefore, it is important to consider this diagnosis in patients who present with diarrhea subsequent to the administration of antibacterial agents. Treatment with antibacterial agents alters the normal flora of the colon and may permit overgrowth of clostridia. Studies indicate that a toxin produced by *Clostridium difficile* is a primary cause of "antibiotic-associated colitis." After the diagnosis of pseudomembranous colitis has been established, therapeutic measures should be initiated. Mild cases of pseudomembranous colitis usually respond to discontinuation of the drug alone. In moderate to severe cases, consideration should be given to management with fluids and electrolytes, protein supplementation, and treatment with an antibacterial drug clinically effective against *Clostridium difficile* colitis.
PRECAUTIONS General: Because azithromycin is principally eliminated via the liver, caution should be exercised when azithromycin is administered to patients with impaired hepatic function. There are no data regarding azithromycin usage in patients with renal impairment; thus, caution should be exercised when prescribing azithromycin in these patients. The following adverse events have not been reported in clinical trials with azithromycin, an azalide; however, they have been reported with macrolide products: ventricular arrhythmias, including ventricular tachycardia and *torsades de pointes*, in individuals with prolonged QT intervals. There has been a spontaneous report from the post-marketing experience of a patient with previous history of arrhythmias who experienced *torsades de pointes* and subsequent myocardial infarction following a course of azithromycin therapy.
Information for Patients: ZITHROMAX® tablets can be taken with or without food. Patients should also be cautioned not to take aluminum- and magnesium-containing antacids and azithromycin simultaneously. The patient should be directed to discontinue azithromycin immediately and contact a physician if any signs of an allergic reaction occur.
Drug Interactions: Aluminum- and magnesium-containing antacids reduce the peak serum levels (rate) but not the AUC (extent) of azithromycin absorption. Administration of cimetidine (800 mg) two hours prior to azithromycin had no effect on azithromycin absorption. Azithromycin did not affect the plasma levels or pharmacokinetics of theophylline administered as a single intravenous dose. The effect of azithromycin on the plasma levels or pharmacokinetics of theophylline administered in multiple doses resulting in therapeutic steady-state levels of theophylline is not known. However, concurrent use of macrolides and theophylline has been associated with increases in the serum concentrations of theophylline. Therefore, until further data are available, prudent medical practice dictates careful monitoring of plasma theophylline levels in patients receiving azithromycin and theophylline concomitantly. Azithromycin did not affect the prothrombin time response to a single dose of warfarin. However, prudent medical practice dictates careful monitoring of prothrombin time in all patients treated with azithromycin and warfarin concomitantly. Concurrent use of macrolides and warfarin in clinical practice has been associated with increased anticoagulant effects. The following drug interactions have not been reported in clinical trials with azithromycin; however, no specific drug interaction studies have been performed to evaluate potential drug-drug interaction. Nonetheless, they have been observed with macrolide products. Until further data are developed regarding drug interactions when azithromycin and these drugs are used concomitantly, careful monitoring of patients is advised. Digoxin-elevated digoxin levels. Ergotamine or dihydroergotamine-acute ergot toxicity characterized by severe peripheral vasospasm and dysesthesia. Triazolam-decrease the clearance of triazolam and thus may increase the pharmacologic effect of triazolam. Drugs metabolized by the cytochrome P^{450} system-elevations of serum carbamazepine, terfenadine, cyclosporine, hexobarbital, and phenytoin levels.
Laboratory Test Interactions: There are no reported laboratory test interactions.
Carcinogenesis, Mutagenesis, Impairment of Fertility: Long-term studies in animals have not been performed to evaluate carcinogenic potential. Azithromycin has shown no mutagenic potential in standard laboratory tests: mouse lymphoma assay, human lymphocyte clastogenic assay, and mouse bone marrow clastogenic assay. No evidence of impaired fertility due to azithromycin was found.
Pregnancy: Teratogenic Effects. Pregnancy Category B. Reproduction studies have been performed in rats and mice at doses up to moderately maternally toxic dose levels (i.e., 200 mg/kg/day). These doses, based on a mg/m² basis, are estimated to be 4 and 2 times, respectively, the human daily dose of 500 mg. In the animal studies, no evidence of harm to the fetus due to azithromycin was found. There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of human response, azithromycin should be used during pregnancy only if clearly needed.
Nursing Mothers: It is not known whether azithromycin is excreted in human milk. Because many drugs are excreted in human milk, caution should be exercised when azithromycin is administered to a nursing woman.
Pediatric Use: (INDICATIONS AND USAGE) Acute Otitis Media (dosage regimen 10 mg/kg on Day 1 followed by 5 mg/kg on Days 2–5): Safety and effectiveness in the treatment of children with otitis media under 6 months of age have not been established. Community-Acquired Pneumonia (dosage regimen: 10 mg/kg on Day 1 followed by 5 mg/kg on Days 2–5): Safety and effectiveness in the treatment of children with community-acquired pneumonia under 6 months of age have not been established. Safety and effectiveness for pneumonia due to *Chlamydia pneumoniae* and *Mycoplasma pneumoniae* were documented in pediatric clinical trials. Safety and effectiveness for pneumonia due to *Haemophilus influenzae* and *Streptococcus pneumoniae* were not documented bacteriologically in the pediatric clinical trial due to difficulty in obtaining specimens. Use of azithromycin for these two microorganisms is supported, however, by evidence from adequate and well-controlled studies in adults. Pharyngitis/Tonsillitis (dosage regimen: 12 mg/kg on Days 1–5): Safety and effectiveness in the treatment of children with pharyngitis/tonsillitis under 2 years of age have not been established. **Studies evaluating the use of repeated courses of therapy have not been conducted. Geriatric Use:** Pharmacokinetic parameters in older volunteers (65–85 years old) were similar to those in younger volunteers (18–40 years old) for the 5-day therapeutic regimen. Dosage adjustment does not appear to be necessary for older patients with normal renal and hepatic function receiving treatment with this dosage regimen.
ADVERSE REACTIONS In clinical trials, most of the reported side effects were mild to moderate in severity and were reversible upon discontinuation of the drug. Approximately 0.7% of the patients (adults and children) from the multiple-dose clinical trials discontinued ZITHROMAX® (azithromycin) therapy because of treatment-related side effects. Most of the side effects leading to discontinuation were related to the gastrointestinal tract, e.g., nausea, vomiting, diarrhea, or abdominal pain. Potentially serious side effects of angioedema and cholestatic jaundice were reported rarely. **Clinical: Adults:** *Multiple-dose regimen:* Overall, the most common side effects in adult patients receiving a multiple-dose regimen of ZITHROMAX® were related to the gastrointestinal system with diarrhea/loose stools (5%), nausea (3%), and abdominal pain (3%) being the most frequently reported. No other side effects occurred in patients on the multiple-dose regimen of ZITHROMAX® with a frequency greater than 1%. Side effects that occurred with a frequency of 1% or less included the following: **Cardiovascular:** Palpitations, chest pain. **Gastrointestinal:** Dyspepsia, flatulence, vomiting, melena, and cholestatic jaundice. **Genitourinary:** Monilia, vaginitis, and nephritis. **Nervous System:** Dizziness, headache, vertigo, and somnolence. **General:** Fatigue. **Allergic:** Rash, photosensitivity, and angioedema. *Single 1-gram dose regimen:* Overall, the most common side effects in patients receiving a single-dose regimen of 1 gram of ZITHROMAX® were related to the gastrointestinal system and were more frequently reported than in patients receiving the multiple-dose regimen. Side effects that occurred in patients on the single one-gram dosing regimen of ZITHROMAX® with a frequency of 1% or greater included diarrhea/loose stools (7%), nausea (5%), abdominal pain (5%), vomiting (2%), dyspepsia (1%), and vaginitis (1%). *Single 2-gram dose regimen:* Overall, the most common side effects in patients receiving a single 2-gram dose of ZITHROMAX® were related to the gastrointestinal system. Side effects that occurred in patients in this study with a frequency of 1% or greater included nausea (18%), diarrhea/loose stools (14%), vomiting (7%), abdominal pain (7%), vaginitis (2%), dyspepsia (1%), and dizziness (1%). The majority of these complaints were mild in nature.
Children: *Multiple-dose regimens:* The types of side effects in children were comparable to those seen in adults, with different incidence rates for the two dosage regimens recommended in children. Acute Otitis Media: For the recommended dosage regimen of 10mg/kg on Day 1 followed by 5 mg/kg on Days 2–5, the most frequent side effects attributed to treatment were diarrhea/loose stools (2%), abdominal pain (2%), vomiting (1%), and nausea (1%). Community-Acquired Pneumonia: For the recommended dosage regimen of 10 mg/kg on Day 1 followed by 5 mg/kg on Days 2–5, the most frequent side effects attributed to treatment were diarrhea/loose stools (5.8%), abdominal pain, vomiting, and nausea (1.9% each), and rash (1.6%). Pharyngitis/tonsillitis: For the recommended dosage regimen of 12 mg/kg on Days 1–5, the most frequent side effects attributed to treatment were diarrhea/loose stools (6%), vomiting (5%), abdominal pain (3%), nausea (2%), and headache (1%). With either treatment regimen, no other side effects occurred in children treated with ZITHROMAX® with a frequency of greater than 1%. Side effects that occurred with a frequency of 1% or less included the following:
Cardiovascular: Chest pain. **Gastrointestinal:** Dyspepsia, constipation, anorexia, flatulence, and gastritis. **Nervous System:** Headache (otitis media dosage), hyperkinesia, dizziness, agitation, nervousness, insomnia. **General:** Fever, fatigue, malaise. **Allergic:** Rash. **Skin and Appendages:** Pruritus, urticaria. **Special Senses:** Conjunctivitis.
Post-Marketing Experience: Adverse events reported with azithromycin during the post-marketing period in adult and/or pediatric patients for which a causal relationship may not be established include: **Allergic:** Arthralgia, edema, urticaria. **Cardiovascular:** Arrhythmias including ventricular tachycardia. **Gastrointestinal:** Anorexia, constipation, dyspepsia, flatulence, vomiting/diarrhea rarely resulting in dehydration. **General:** Asthenia, paresthesia. **Genitourinary:** Interstitial nephritis and acute renal failure. **Liver/Biliary:** Abnormal liver function including hepatitis and cholestatic jaundice. **Nervous System:** Convulsions. **Skin/Appendages:** Rarely serious skin reactions including erythema multiforme, Stevens Johnson Syndrome, and toxic epidermal necrolysis. **Special Senses:** Hearing disturbances including hearing loss, deafness, and/or tinnitus, rare reports of taste disturbances.
Laboratory Abnormalities: Adults: Significant abnormalities (irrespective of drug relationship) occurring during the clinical trials were reported as follows: with an incidence of 1–2%, elevated serum creatine phosphokinase, potassium, ALT (SGPT), GGT, and AST (SGOT); with an incidence of less than 1%, leukopenia, neutropenia, decreased platelet count, elevated serum alkaline phosphatase, bilirubin, BUN, creatinine, blood glucose, LDH, and phosphate. When follow-up was provided, changes in laboratory tests appeared to be reversible. In multiple-dose clinical trials involving more than 3000 patients, 3 patients discontinued therapy because of treatment-related liver enzyme abnormalities and 1 because of a renal function abnormality. **Children:** Significant abnormalities (irrespective of drug relationship) occurring during clinical trials were all reported at a frequency of less than 1%, but were similar in type to the adult pattern.
DOSAGE AND ADMINISTRATION: Adults: The recommended dose of ZITHROMAX® for the treatment of mild to moderate acute bacterial exacerbations of chronic obstructive pulmonary disease; community-acquired pneumonia of mild severity; pharyngitis/tonsillitis (as second-line therapy); and uncomplicated skin and skin structure infections due to the indicated organisms is: 500 mg as a single dose on the first day followed by 250 mg once daily on days 2 through 5. **ZITHROMAX® tablets can be taken with or without food.** The recommended dose of ZITHROMAX® for the treatment of genital ulcer disease due to *Haemophilus ducreyi* (chancroid), non-gonococcal urethritis and cervicitis due to *C. trachomatis* is: a single 1 gram (1000 mg) dose of ZITHROMAX®. The recommended dose of ZITHROMAX® for the treatment of urethritis and cervicitis due to *Neisseria gonorrhoeae* is a single 2 gram (2000 mg) dose of ZITHROMAX®.
More detailed professional information available on request. Revised January 1997

Pfizer U.S. Pharmaceuticals

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Stroke

continued from page 94

describe them carefully to help a doctor determine the kind of stroke you may be experiencing. The more information you give, the more effective treatment will be. Call 911 immediately if you think you're having a stroke. "I'd rather see 100 false alarms than miss one person who became disabled because someone just wrote off the symptoms," says Dr. Byrd.

Stroke is now potentially treatable, he says. The key is getting patients medical help as soon as possible.

ARE YOU AT RISK?

Stroke strikes 550,000 Americans a year, killing 150,000. That's about one person per minute.

Four out of every five American families will be affected by stroke, and 4 million people currently live with the effects of a stroke. And did you know that more American women die from stroke than from breast cancer?

There are more grim numbers, but the good news is that the age-adjusted death rate from stroke is down. One reason for the drop is that more doctors have pushed prevention. This means identifying the following risk factors.

Uncontrollable risk factors:

- Age. Two-thirds of all strokes happen to people over 65, and stroke risk doubles with each decade past 55
- Gender. Men have a 30 percent higher risk of stroke than women
- Race. African-Americans are at least twice as likely as whites to have a stroke
- Family or personal history of stroke
- Diabetes

Controllable risk factors:

- High blood pressure
- Heart disease
- Atherosclerosis or hardening of the arteries
- High cholesterol
- Smoking
- Excessive alcohol consumption

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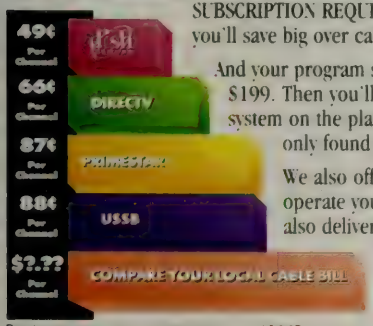
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Footloose!

Created from the highly-sought work of beloved artist Vivi Crandall

Framed by a decorative border and glistening 22-karat gold band



Shown smaller than actual size of 8¼ inches

alk about a price "jump"! Artist Vivi randall's lop-eared bunny was first eleased as a limited-edition print, which old out incredibly fast and recently com- nanded nearly nine times its issue price. ut now we've got it for you, beautifully rafted on a fine porcelain collector's plate.

Is it love at first sight for you, too? If you nd yourself just wanting to hold this dorable bundle of fur in your arms, so you an watch his whiskered nose quiver with uriosity, pet his silky coat and stroke his floppy ears, then it's love indeed!

"Footloose" is crafted on fine hard-fire porcelain. It is 8⅛ inches in diameter and is surrounded by a decorative border and 22-karat gold band. This hand-numbered limited edition comes complete with a Certificate of Authenticity and is backed by a 365-day money-back guarantee. All this can be yours for only $29.95. To order, send no money now. Just mail the reply card today.

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Coping With Hair Loss

by Jeanine Barone

We love hair. Throughout the ages in all cultures, a full head of luxurious, thick hair has been associated with youth, sex appeal, health, and power. Even Julius Caesar felt the need to hide his hair loss. Legend has it that the ancient Roman ruler began wearing a laurel crown 24 hours a day to hide his receding hairline.

Yet, while there is a string of successful bald (or balding) male celebrities today—from tennis ace Andre Agassi to actor Patrick Stewart—the same can't be said for bald or thin-haired women. They're often viewed as ill, old, and unattractive. And from the flood of male-centered infomercials and print ads touting hair growth treatments, you'd think women rarely lost more than a few strands.

"Women are often forgotten as people with hair loss," says Dr. Lorna Thomas, a dermatologist at Detroit Medical Center. Twenty-two million American women are losing their hair compared with 34 million men. But everyone loses hair—about 100 a day. Of the some 100,000 hairs on your head, 90 percent are growing and will do so for up to four years. The others are in a rest phase for about three months and only loosely anchored, then they're shed. In their place, new hairs sprout.

Men aren't the only ones getting thin on top.

Blame it on your genes. Male or female pattern baldness, or androgenetic alopecia, accounts for the vast majority of hair loss. It runs in families, caused by a genetic defect that affects the androgens (male hormones, such as testosterone). Androgens are produced by the testes as well as the adrenal glands, which are found in both sexes.

People with androgenetic alopecia are more sensitive to androgens. As a result, hair follicles shrink and new hairs are finer and grow for a shorter time. The typical male pattern—with a receding hairline and baldness on top—is

continued on page 104



Now check out FLONASE.



Ask your doctor about the nasal spray that relieves all of your allergy symptoms — all day and all night.

FLONASE relieves your sneezing, and itchy, runny nose – even your stuffy nose.

FLONASE works for a full 24 hours.

FLONASE won't put you to sleep or keep you awake like some antihistamines or decongestants do.

FLONASE is a prescription drug for patients 12 years of age and over. Effectiveness of FLONASE depends on regular use, but it is not addictive. Symptoms may begin to improve within 12 hours. Maximum nasal symptom relief may take several days. The most common side effects (nasal burning, nasal irritation, nosebleeds, headache, and sore throat) occurred in fewer than 7 out of 100 people.

Only your doctor or health care provider can determine the best treatment option for you.

Allergy relief, right under your nose.



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(fluticasone propionate)
NASAL SPRAY, 0.05%

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FLONASE®
(fluticasone propionate)
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BRIEF SUMMARY

SHAKE GENTLY BEFORE USE.

For Intranasal Use Only.

The following is a brief summary only; see full prescribing information for complete product information.

CONTRAINDICATIONS: FLONASE Nasal Spray is contraindicated in patients with a hypersensitivity to any of its ingredients.

WARNINGS: The replacement of a systemic glucocorticoid with a topical glucocorticoid can be accompanied by signs of adrenal insufficiency, and in addition some patients may experience symptoms of withdrawal, e.g., joint and/or muscular pain, lassitude, and depression. Patients previously treated for prolonged periods with systemic glucocorticoids and transferred to topical glucocorticoids should be carefully monitored for acute adrenal insufficiency in response to stress. In those patients who have asthma or other clinical conditions requiring long-term systemic glucocorticoid treatment, too rapid a decrease in systemic glucocorticoids may cause a severe exacerbation of their symptoms.

The use of FLONASE Nasal Spray with alternate-day systemic prednisone could increase the likelihood of hypothalamic-pituitary-adrenal (HPA) suppression compared with a therapeutic dose of either one alone. Therefore, FLONASE Nasal Spray should be used with caution in patients already receiving alternate-day prednisone treatment for any disease. In addition, the concomitant use of FLONASE Nasal Spray with other inhaled glucocorticoids could increase the risk of signs or symptoms of hypercorticism and/or suppression of the HPA axis.

Patients who are on immunosuppressant drugs are more susceptible to infections than healthy individuals. Chickenpox and measles, for example, can have a more serious or even fatal course in patients on immunosuppressant doses of corticosteroids. In such patients who have not had these diseases, particular care should be taken to avoid exposure. How the dose, route, and duration of corticosteroid administration affects the risk of developing a disseminated infection is not known. The contribution of the underlying disease and/or prior corticosteroid treatment to the risk is also not known. If exposed to chickenpox, prophylaxis with varicella zoster immune globulin (VZIG) may be indicated. If exposed to measles, prophylaxis with pooled intramuscular immunoglobulin (IG) may be indicated. (See the respective package inserts for complete VZIG and IG prescribing information.) If chickenpox develops, treatment with antiviral agents may be considered.

PRECAUTIONS:

General: Rarely, immediate hypersensitivity reactions or contact dermatitis may occur after the intranasal administration of fluticasone propionate. Rare instances of wheezing, nasal septum perforation, cataracts, glaucoma, and increased intraocular pressure have been reported following the intranasal application of glucocorticoids.

Use of excessive doses of glucocorticoids may lead to signs or symptoms of hypercorticism, suppression of HPA function, and/or suppression of growth in children or teenagers. Knemometry studies in asthmatic children on orally inhaled glucocorticoids showed inhibitory effects on short-term growth rate. The relationship between short-term changes in lower leg growth and long-term effects on growth is unclear at this time. Physicians should closely follow the growth of adolescents taking glucocorticoids, by any route, and weigh the benefits of glucocorticoid therapy against the possibility of growth suppression if an adolescent's growth appears slowed.

Although systemic effects have been minimal with recommended doses of FLONASE Nasal Spray, potential risk increases with larger doses. Therefore, larger than recommended doses of FLONASE Nasal Spray should be avoided.

When used at larger doses, systemic glucocorticoid effects such as hypercorticism and adrenal suppression may appear. If such changes occur, the dosage of FLONASE Nasal Spray should be discontinued slowly consistent with accepted procedures for discontinuing oral glucocorticoid therapy.

In clinical studies with fluticasone propionate administered intranasally, the development of localized infections of the nose and pharynx with *Candida albicans* has occurred only rarely. When such an infection develops, it may require treatment with appropriate local therapy and discontinuation of treatment with FLONASE Nasal Spray. Patients using FLONASE Nasal Spray over several months or longer should be examined periodically for evidence of *Candida* infection or other signs of adverse effects on the nasal mucosa.

FLONASE Nasal Spray should be used with caution, if at all, in patients with active or quiescent tuberculous infections; untreated fungal, bacterial, or systemic viral infections; or ocular herpes simplex.

Because of the inhibitory effect of glucocorticoids on wound healing, patients who have experienced recent nasal septal ulcers, nasal surgery, or nasal trauma should not use a nasal glucocorticoid until healing has occurred.

Information for Patients: Patients being treated with FLONASE Nasal Spray should receive the following information and instructions. This information is intended to aid them in the safe and effective use of this medication. It is not a disclosure of all possible adverse or intended effects.

Patients should be warned to avoid exposure to chickenpox or measles and, if exposed, to consult their physician without delay.

Patients should use FLONASE Nasal Spray at regular intervals as directed since its effectiveness depends on its regular use. A decrease in nasal symptoms may occur as soon as 12 hours after starting therapy with FLONASE Nasal Spray. Results in several clinical trials indicate statistically significant improvement within the first day or two of treatment; however, the full benefit of FLONASE Nasal Spray may not be achieved until treatment has been administered for several days. The patient should not increase the prescribed dosage but should contact the physician if symptoms do not improve or if the condition worsens. For the proper use of the nasal spray and to attain maximum improvement, the patient should read and follow carefully the patient's instructions accompanying the product.

Carcinogenesis, Mutagenesis, Impairment of Fertility: Fluticasone propionate demonstrated no tumorigenic potential in studies of oral doses up to 1.0 mg/kg (3 mg/m² as calculated on a surface area basis) for 78 weeks in the mouse or inhalation of up to 57 mcg/kg (336 mcg/m²) for 104 weeks in the rat.

Fluticasone propionate did not induce gene mutation in prokaryotic or eukaryotic cells in vitro. No significant clastogenic effect was seen in cultured human peripheral lymphocytes in vitro or in the mouse micronucleus test when administered at high doses by the oral or subcutaneous routes. Furthermore, the compound did not delay erythroblast division in bone marrow.

FLONASE® (fluticasone propionate) Nasal Spray, 0.05%

No evidence of impairment of fertility was observed in reproductive studies conducted in rats dosed subcutaneously with doses up to 50 mcg/kg (295 mcg/m²) in males and females. However, prostate weight was significantly reduced in rats.

Pregnancy: *Teratogenic Effects: Pregnancy Category C:* Subcutaneous studies in the mouse and rat at 45 and 100 mcg/kg, respectively (135 and 590 mcg/m², respectively, as calculated on a surface area basis), revealed fetal toxicity characteristic of potent glucocorticoid compounds, including embryonic growth retardation, omphalocele, cleft palate, and retarded cranial ossification.

In the rabbit, fetal weight reduction and cleft palate were observed following subcutaneous doses of 4 mcg/kg (48 mcg/m²).

However, following oral administration of up to 300 mcg/kg (3.6 mg/m²) of fluticasone propionate to the rabbit, there were no maternal effects nor increased incidence of external, visceral, or skeletal fetal defects. No fluticasone propionate was detected in the plasma in this study, consistent with the established low bioavailability following oral administration (see CLINICAL PHARMACOLOGY section of full prescribing information).

Less than 0.008% of the dose crosses the placenta following oral administration to rats (100 mcg/kg, 590 mcg/m²) or rabbits (300 mcg/kg, 3.6 mg/m²).

There are no adequate and well-controlled studies in pregnant women. Fluticasone propionate should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. Experience with oral glucocorticoids since their introduction in pharmacologic, as opposed to physiologic, doses suggests that rodents are more prone to teratogenic effects from glucocorticoids than humans. In addition, because there is a natural increase in glucocorticoid production during pregnancy, most women will require a lower exogenous glucocorticoid dose and many will not need glucocorticoid treatment during pregnancy.

Nursing Mothers: It is not known whether fluticasone propionate is excreted in human breast milk. Subcutaneous administration of tritiated drug to lactating rats (10 mcg/kg, 59 mcg/m²) resulted in measurable radioactivity in both plasma and milk. Because other glucocorticoids are excreted in human milk, caution should be exercised when FLONASE Nasal Spray is administered to a nursing woman.

Pediatric Use: The safety and effectiveness of FLONASE Nasal Spray in children below 12 years of age have not been established. Oral glucocorticoids have been shown to cause growth suppression in children and teenagers with extended use. If a child or teenager on any glucocorticoid appears to have growth suppression, the possibility that they are particularly sensitive to this effect of glucocorticoids should be considered (see PRECAUTIONS).

Geriatric Use: A limited number of patients above 60 years of age (n=132) have been treated with FLONASE Nasal Spray in US and non-US clinical trials. While the number of patients is too small to permit separate analysis of efficacy and safety, the adverse reactions reported in this population were similar to those reported by younger patients.

ADVERSE REACTIONS: In controlled US studies, 2,427 patients received treatment with intranasal fluticasone propionate. In general, adverse reactions in clinical studies have been primarily associated with irritation of the nasal mucous membranes, and the adverse reactions were reported with approximately the same frequency by patients treated with the vehicle itself. The complaints did not usually interfere with treatment. Less than 2% of patients in clinical trials discontinued because of adverse events; this rate was similar for vehicle and active comparators.

Systemic glucocorticoid side effects were not reported during controlled clinical studies up to 6 months' duration with FLONASE Nasal Spray. If recommended doses are exceeded, however, or if individuals are particularly sensitive or if in conjunction with systemically administered glucocorticoids, symptoms of hypercorticism, e.g., Cushing's syndrome, could occur.

The following incidence of common adverse reactions is based upon seven controlled clinical trials in which 536 patients (57 girls and 108 boys aged 4 to 11 years, 137 female and 234 male adolescents and adults) were treated with FLONASE Nasal Spray 200 mcg once daily over 2 to 4 weeks and two controlled clinical trials in which 246 patients (119 female and 127 male adolescents and adults) were treated with FLONASE Nasal Spray 200 mcg once daily over 6 months.

Incidence Greater than 1% (Causal Relationship Possible):
Respiratory: Epistaxis, nasal burning (incidence 3% to 6%); blood in nasal mucus, pharyngitis, nasal irritation (incidence 1% to 3%).
Neurological: Headache (incidence 1% to 3%).

Incidence Less than 1% (Causal Relationship Possible): ***Respiratory:*** Sneezing, runny nose, nasal dryness, sinusitis, nasal congestion, bronchitis, nasal ulcer, nasal septum excoriation.
Neurological: Dizziness.
Special Senses: Eye disorder, unpleasant taste.
Digestive: Nausea and vomiting, xerostomia.
Skin and Appendages: Urticaria.

Postmarketing Experience: In addition to the events from clinical trials, the following have been reported during postmarketing experience.

Hypersensitivity reactions, including angioedema, skin rash, edema of the face and tongue, pruritus, urticaria, bronchospasm, wheezing, dyspnea, and anaphylaxis/anaphylactoid reactions, which in rare instances were severe.

Alteration or loss of sense of taste and/or smell and, rarely, nasal septal perforation.

OVERDOSAGE: There are no data available on the effects of acute or chronic overdosage with FLONASE Nasal Spray. Intranasal administration of 2 mg (10 times the recommended dose) of fluticasone propionate twice daily for 7 days to healthy human volunteers was well tolerated. Single oral doses up to 16 mg have been studied in human volunteers with no acute toxic effects reported. Repeat oral doses up to 80 mg daily for 10 days in volunteers and repeat oral doses up to 10 mg daily for 14 days in patients were well tolerated. Adverse reactions were of mild or moderate severity, and incidences were similar in active and placebo treatment groups. Acute overdosage with this dosage form is unlikely since one bottle of FLONASE Nasal Spray contains approximately 8 mg of fluticasone propionate. Chronic overdosage may result in signs/symptoms of hypercorticism (see PRECAUTIONS).

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Coping With Hair Loss

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easily recognizable. Not so for women, who thin out all over their heads but rarely go entirely bald. "Because the thinning is so gradual, by the time a woman realizes it, she may have already lost about 50 percent of her hair," says Dr. Thomas. The old saying, "Only your hairdresser knows," often applies here because many times a hairdresser is first to notice a woman's hair loss.

Tracking other causes. While androgens and genetics are the biggest cause of hair loss, there are plenty of other culprits.

Alopecia areata—in which hair falls out in clumps leaving small round patches—is the second most common. The condition—which also runs in families—strikes between 100,000 to 200,000 Americans of all ages.

Researchers believe it's an autoimmune disease in which the body's immune system attacks hair follicles, mistaking them as foreign intruders. Usually hair grows back in six months to two years, though new bald patches may form as others grow back.

There are other, treatable problems that can cause hair loss, says Dr. Leonard Dzubow, head of dermatological surgery at the University of Pennsylvania. Many of the following only damage hair temporarily:

- Diet. A protein, iron, or zinc deficiency can affect your scalp.
- Illness. High fever, major surgery, infection, or an over- or underactive thyroid can result in hair loss.
- Trauma. Tight ponytails, braids, cornrows, weaving, or wearing a snug wig can cause hair to break.
- Stress. The body cuts back on hair growth during physical or psychological stress. You may experience hair loss months after enduring a stressful event.
- Hormones. Women can lose hair

after giving birth or if they stop taking birth control pills. With a drop in estrogen, hair sheds more quickly.

How you see yourself. Because hair is an identifying feature, losing it makes some people feel as if they've lost a part of themselves. A team of British psychologists examined 182 balding men, age 19 to 73, and found that the more bald the men were, the more likely they were to be depressed, introverted, and have low self-esteem.

"I find that young men who are balding are afraid their social situation will become devastating" says Dr. Dzubow.

For women, the psychological impact of hair loss is even more profound. "It hits a panic button for women," says Dr. Thomas, "and they become embarrassed, frightened, depressed, and devastated."

Depending on your sense of self, you can choose to accept your thinning hair as a natural part of aging. Certainly it's easier and more economical to love the way you look, whether that means wrinkles, a spare tire, or a bald spot. You may be focusing on your balding scalp when those around you don't even notice it. If you're fit, well-dressed, and exude an air of confidence, thin hair or baldness can be a nonissue.



Hair loss hits a "panic button" for women.

Hairpieces can help. For those who refuse to accept their new look, a hairpiece or weave can give the illusion of a fuller head of hair. The look of today's high-quality pieces is so natural, it's hard to tell what's real hair and what's not.

All hairpieces have to either be attached to your remaining hair or to your scalp with tape, adhesive, clips, or hair weaving. Some hair clinics may try to sell you a permanent hairpiece sutured to your scalp. But the suturing may result in infection or scarring, so be sure to first check with your doctor.

The best hairpieces are custom designed and fitted, made from synthetic or human hair, or a combination. Quality ones can cost from $900 to $2,500 depending on construction and the type of fibers. Some insurance companies will pay for them if hair loss results from a disease. Bring a friend when you

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Coping With Hair Loss

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try it on or see if there's a return policy. And always have a spare. The American Hair Loss Council (312/321-5128 or on the Internet at http://www.ahlc.org) can help you find a specialist.

Miracle in a bottle? Rogaine (minoxidil) is the only drug approved by the Food and Drug Administration to treat hair loss. It's sold over-the-counter in pink packages for women and in blue packages for men, but the product is the same. In clinical trials, the 2 percent minoxidil solution produced at least moderate hair regrowth in 26 percent of men age 18 to 49, and in 19 percent of women age 18 to 45. No one is sure how it works.

"While the majority of people don't grow a lot of hair (with Rogaine), 90 percent hold onto what they have," says Dr. Arthur P. Bertolino, director of the hair consultation unit at New York University Medical Center. Usually it takes four months to see some results and a good eight months to get the full effect. Rogaine—which costs $30 for a month's supply—must be used twice daily on a continual basis, otherwise the hair will fall out again.

The best Rogaine candidates are those who still have peach fuzz (not a slick bald spot), are bald on top, or have noticed their hair thinning over the past few years. Rogaine is not for you if you've lost your hair suddenly or in patches, your scalp is red and irritated, or there's no family history of baldness.

Rogaine made Tracy Pattin, 40, feel a lot better. Her hair had been thinning since she was in her 20s. "It was miraculous when someone said 'What are you doing with your hair? It looks good,' " she says. But Craig Wilson, 47, a reporter for *USA Today*, tried Rogaine for six months and said the fuzz that grew in wasn't worth the money or effort. "I'm used to brushing my teeth and running a comb through my hair. Rogaine was just one more thing to do," he says.

Rogaine manufacturers, Pharmacia & Upjohn, are currently awaiting FDA approval of a 5 percent prescription minoxidil solution which they hope will give women more dramatic results.

Anti-balding pills. There are drugs available for women to help treat hair loss, says Dr. Wilma F. Bergfeld, chief of dermatology at The Cleveland Clinic. For hormonal fluctuations, there's estrogen or hormone replacement therapy; nutritional support for malnutrition, or iron or B vitamin deficiency; and drugs classified as anti-androgens.

Because androgens are a key player in hair loss, blocking their effect on scalp hair should also block hair loss. The latest anti-androgen—which could be approved by the FDA this year—is Propecia. It's a new formulation of Proscar, a drug that is currently prescribed to treat an enlarged prostate.

At a recent meeting of the American Academy of Dermatology, researchers reported that one tablet of Propecia a day boosted hair growth in 48 percent of men, compared to 7 percent in the control group. Propecia works by blocking the enzyme that plays a role in balding.

"If you suppress androgens, you get a very significant effect in hair growth. There's no reason to suspect it will be different in women," says Dr. Howard Baden, a professor of dermatology at Harvard Medical School.

Though it's not approved for this use, many doctors prescribe Proscar for hair loss—as well as other drugs, such as aldactone, a drug to treat high blood pressure. Like with Rogaine, you get the best results if you start when your hair first thins.



Hair transplants have come a long way. Gone are the days when you could point one out in a crowd.

Surgical solutions. Hair transplants have come a long way. Gone are the days when you could easily point one out in a crowd. "Traditional hair grafts were the size of a pencil eraser and looked like Barbie doll hair," says Dr. Randall K. Roenigk, a dermatology professor at Mayo Medical School.

The procedure has been revolutionized by micro-grafts, consisting of only one to two hairs, and mini-grafts, with three to four hairs. "It's almost impossible to tell." Here's how it works: A strip of hair is taken from the back of the head and a surgeon grafts tiny plugs containing one to four hairs into the bald or thin area. Each graft is painstakingly moved into a small hole or tiny incision. "Usually it takes three or four sessions depending on the density you want," says Dr. Roenigk.

Cost is a big reason some people choose a hair transplant only when they're already bald. The procedure—usually done under local anesthesia—can cost as much as $4,000 per session.

Hair transplantation is the most common cosmetic procedure in men, but until recently, women rarely chose to do it. Women can do well with hair transplants, says Dr. Dzubow, especially those who lose their hair like a man. "But if a woman's hair in thin all over, there's no rich area to harvest," he says.

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Coping With Hair Loss

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Other surgical techniques for hair replacement are more involved. A hair lift, which can cost up to $8,000, can reduce or virtually eliminate a large bald area. The surgeon removes a U-shaped area of bald scalp and advances the entire hair-bearing scalp into the bald area.

For someone with a tight scalp, scalp expansion can be done prior to a hair lift. A balloon-like device is first inserted under the scalp to stretch the skin. The best female candidates for a hair lift are women with male pattern baldness rather than diffuse thinning. They have more hair to work with, says Dr. Dominic A. Brandy, a clinical dermatology instructor at the University of Pittsburgh Medical Center.

During a procedure called flap surgery, the surgeon removes a patch of bald scalp and pivots hair-bearing scalp into its place. The results, however, aren't always satisfactory because once the hair is turned, it grows in the opposite direction, and sometimes looks too thick at the hairline. The procedure costs about $4,000.

If you're considering a surgical solution, ask your doctor for a referral (be sure the surgeon is board certified). You may want to first check with your state or local medical society to see if any complaints have been lodged against the doctor. The American Hair Loss Council or the American Academy of Cosmetic Surgery (800/263-9968) also can refer you to a surgeon in your area.

Be sure to get a second opinion, meet with several former patients, and take a close look at the photographs in the waiting room. "In the before and after pictures, make sure the way the hair is combed, the lighting, and the angle are all the same," says Dr. Brandy.

UNTANGLING COMMON HAIR MYTHS

- ***Stress leads to permanent hair loss.***

More hairs are temporarily shed during stressful situations. When the stress is relieved, hair should grow normally.

- ***Baldness is inherited from your mother's side.***

You can inherit the gene from either side of the family because it's carried on the "X" chromosome which both men and women carry.

- ***People who wear hats every day will go bald.***

A tight hat can damage the hair shaft where it rubs, but the hair follicle should still be healthy. Any hair loss is usually temporary.

- ***Certain vitamins and minerals can stimulate hair growth.***

Despite the claims, antioxidant and other vitamin supplements won't promote hair growth unless there's a deficiency.

- ***Frequent shampooing can make your hair fall out.***

Shampoo makes hair look fuller by removing residues.

- ***Coloring your hair can make it fall out.***

Strong chemicals, whether from dyes or a permanent, could weaken your hair, but any loss is temporary unless the hair follicle becomes damaged. Despite claims, exotic cosmetic lotions, herbal potions, and special shampoos don't release trapped hairs or promote hair growth. But shampoo, hair dye, or mousse may make your hair appear fuller.

- ***If you shave your head, hair grows back thicker.***

Hair grows below the skin surface. So shaving will not improve hair growth.

Brief Summary

MetroGel.

(metronidazole topical gel)
Topical Gel, 0.75%

FOR TOPICAL USE ONLY
(NOT FOR OPHTHALMIC USE)

CLINICAL PHARMACOLOGY The mechanisms by which METROGEL acts in reducing inflammatory lesions of rosacea are unknown, but may include an anti-bacterial and/or anti-inflammatory effect.

INDICATIONS AND USAGE METROGEL is indicated for topical application in the treatment of inflammatory papules and pustules of rosacea.

CONTRAINDICATIONS METROGEL is contraindicated in individuals with a history of hypersensitivity to metronidazole, parabens, or other ingredients of the formulation.

PRECAUTIONS Because of the minimal absorption of metronidazole and consequently its insignificant plasma concentration after topical administration, the adverse experiences reported with the oral form of the drug have not been reported with METROGEL.

General METROGEL has been reported to cause tearing of the eyes. Therefore, contact with the eyes should be avoided. If a reaction suggesting local irritation occurs, patients should be directed to use the medication less frequently, discontinue use temporarily, or discontinue use until further instructions. Metronidazole is a nitroimidazole and should be used with care in patients with evidence of, or history of, blood dyscrasia.

Drug Interactions Drug interactions are less likely with topical administration but should be kept in mind when METROGEL is prescribed for patients who are receiving anticoagulant treatment. Oral metronidazole has been reported to potentiate the anticoagulant effect of coumarin and warfarin resulting in prolongation of prothrombin time.

Carcinogenesis: Tumorigenicity in Rodents Metronidazole has shown evidence of carcinogenic activity in a number of studies involving chronic, oral administration in mice and rats but not in studies involving hamsters. These studies have not been conducted with 0.75% metronidazole gel, which would result in significantly lower systemic blood levels than oral formulations.

Mutagenicity Studies Although metronidazole has shown mutagenic activity in a number of in vitro bacterial assay systems, studies in mammals (in vivo) have failed to demonstrate a potential for genetic damage.

Pregnancy: Pregnancy Category B There has been no experience to date with the use of METROGEL in pregnant patients. Metronidazole crosses the placental barrier and enters the fetal circulation rapidly. No fetotoxicity was observed after oral metronidazole in rats or mice. However, because animal reproduction studies are not always predictive of human response and since oral metronidazole has been shown to be a carcinogen in some rodents, this drug should be used during pregnancy only if clearly needed.

Nursing Mothers Even though METROGEL blood levels are significantly lower than those achieved after oral metronidazole, a decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the mother.

Pediatric Use Safety and effectiveness in children have not been established.

ADVERSE REACTIONS Adverse conditions reported include watery (tearing) eyes if the gel is applied too closely to this area, transient redness, and mild dryness, burning, and skin irritation. None of the side effects exceeded an incidence of 2% of patients.

OVERDOSAGE There is no human experience with overdosage of METROGEL. The acute oral toxicity of the METROGEL formulation was determined to be greater than 5 g/kg (the highest dose given) in albino rats.

DOSAGE and ADMINISTRATION Apply and rub in a thin film of METROGEL twice daily, morning and evening, to entire affected areas after washing. Significant therapeutic results should be noticed within three weeks. Clinical studies have demonstrated continuing improvement through nine weeks of therapy. Areas to be treated should be cleansed before application of METROGEL. Patients may use cosmetics after application of METROGEL.

HOW SUPPLIED METROGEL topical gel (0.75% metronidazole) is supplied in a 1 oz. (28.4 g) aluminum tube — NDC 0299-3835-28 and a 45 g aluminum tube — NDC 0299-3835-45.

Caution: Federal law prohibits dispensing without a prescription.

Consult package insert for full disclosure.
Package insert revised 8/95.

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MAYBE IT'S SKIN IRRITATION.
MAYBE IT'S AN ALLERGY.
MAYBE IT'S ACNE.
MAYBE IT'S ROSACEA.



Persistent redness or flushing in the middle areas of the face. Broken blood vessels. Acne-like bumps. These are all symptoms of rosacea—a skin condition that affects over 12 million Americans middle-aged and older.

Rosacea symptoms may come and go, but without treatment, they may get worse over time. Over-the-counter medications may help temporarily, but to really get your rosacea under control, you need to see a doctor.

So don't wait. **Talk to a dermatologist today.** And when you do, ask about MetroCream™ or MetroGel®, the #1 doctor prescribed topical rosacea medication.

In clinical trials, patients experienced the following individual side effects in order of frequency: skin discomfort (burning and stinging), redness, skin irritation, itching, or worsening of rosacea. The total incidence of side effects was approximately 10%.

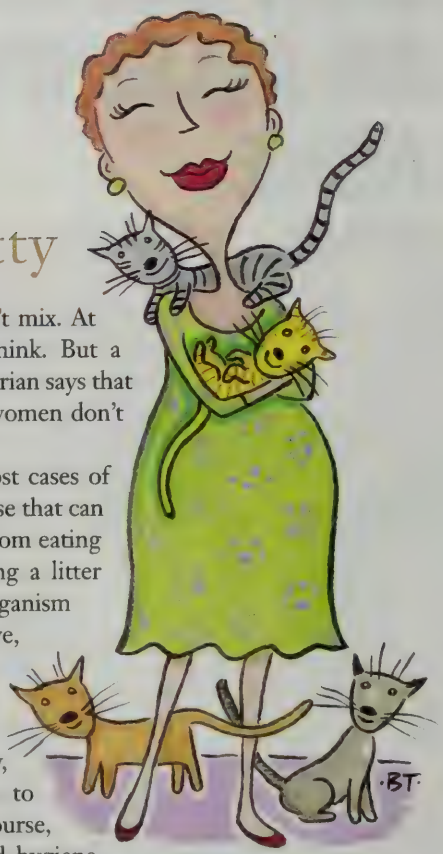
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MetroCream™ (metronidazole topical cream) **Topical Cream, 0.75%**

Rosacea therapy that works.

FOR FREE INFORMATION ABOUT ROSACEA, CALL 1-800-432-4938

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Here Kitty, Kitty

Cats and pregnant women don't mix. At least that's what most of us think. But a Kansas State University veterinarian says that with a little caution, pregnant women don't need to overly fear a litter box.

Kathy Gaughan says that most cases of toxoplasmosis—a parasitic disease that can seriously harm a fetus—come from eating undercooked meat, not touching a litter box. It takes 24 hours for the organism in a cat's feces to become infective, so one of the best ways to prevent contracting it is to clean the litter box daily, she says.

"Within that 24-hour window, the disease is not dangerous to humans," says Gaughan. "Of course, the owner has to practice good hygiene after cleaning the box."

Toxoplasmosis doesn't generally cause serious lasting health effects in adults, and is often misdiagnosed as mononucleosis or a bad cold. However, it can cause serious health problems for a fetus. Gaughan says early in a pregnancy, toxoplasmosis can cause miscarriage. If infection occurs late in a pregnancy, the disease can damage a baby's central nervous system.

Other precautions cat-loving new moms should do to be safe:

- Keep a child's sandbox covered to prevent cats from using it.
- Wear gloves in the garden, and wash all backyard produce in case neighborhood cats have used your yard as a litter box.
- Don't feed cats undercooked meat or allow them to hunt. A cat can acquire the disease from eating infected meat.
- Always wash your hands with soap after cleaning out the litter box.
- Don't eat raw or undercooked meat, and wash your hands after handling meat.

New Weapon to Fight Cold Sores

The millions of Americans who get recurrent cold sores can't help but feel downright cursed sometimes. The sores often appear during special occasions, and the more the afflicted person frets, the worse they seem to get.

A new cream may help. Denavir is the first prescription topical antiviral cream approved by the Food and Drug Administration to treat cold sores. It has an active ingredient that fights herpes simplex, the virus that causes blisters to form inside and outside the mouth. In clinical trials, Denavir healed most cold sores in less than five days.



It Makes the Medicine Go Down

Children hate the smell and taste of medicine. Some parents literally have to wrestle their kids to get them to take it, leaving adults to wonder how much actually went down.

Pharmacist Kenneth Kramm, who began working in his father's pharmacy at age 12, knew it was a problem. But it wasn't until his newborn daughter developed a seizure disorder requiring medicine four times a day that he decided to do something about it.

He created FLAVORx, a liquid medicine-flavoring system of 20 to 40 flavors that can mask the most foul-tasting or bad-smelling medicines and even change tastes kids don't like.

Flavors range from the common strawberry, grape, and cherry to the more exotic coconut, tangerine, and butterscotch. The best-seller? Bubble gum. "None of them taste like candy. They just make the medications taste more palatable," says Kramm.

About 250 pharmacists across the country sell FLAVORx, and some hospitals, including St. Joseph's Hospital in Kansas City, Missouri, offer it to patients. It costs $2 to $5 to add one flavor to a medicine. You can get several flavors mixed.

The flavors can be added to any liquid medicine, including over-the-counter ones. "People bring us cough medicine all the time," says Harold Kramm, Kenneth's dad, who owns a pharmacy in Washington D.C. To find a pharmacy that sells FLAVORx, call 800/884-5771.

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Between us.

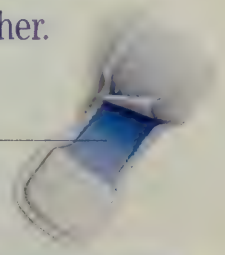
"My little bladder problem is no problem. Exercise is helping me strengthen my bladder muscles. And I've found something better than a plain old maxi." *Maureen, 41.*



Serenity Bladder Protection. Dry. Fresh. Worry free.

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Dry Layer Plus.
Keeps you drier than any regular maxi.



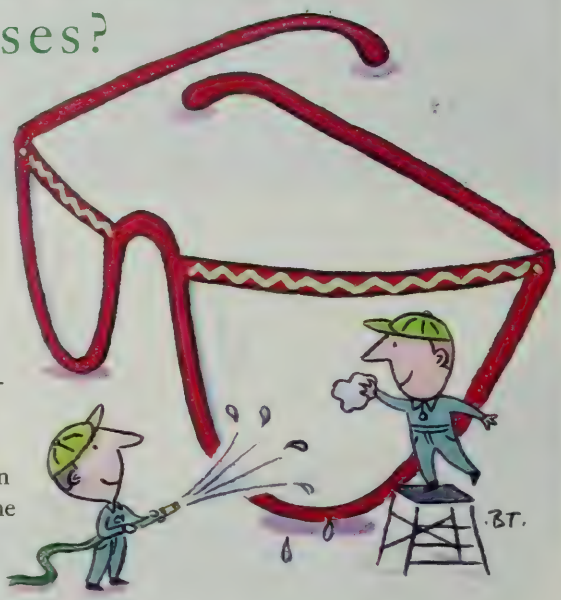
Worry free *Stayfree*
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MCNEIL - PPC 1996 PLEASE CONSULT YOUR DOCTOR ABOUT BLADDER PROBLEMS

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How Do *You* Clean Your Lenses?



When it comes to cleaning eyeglasses, older people truly are wiser.

In a survey by Pearle Vision of 1,000 adults, 45 percent of those over 55 said they clean their lenses with water alone—the best way to clean glasses. Those between ages 35 and 44 said they are most likely to breathe on them. Seven percent of the people surveyed admitted to—gasp!—cleaning their specs with spit.

Here are some tips from Pearle on how to care for your frames—no matter how old you are:

- Don't use tissues. Many tissues are made from wood derivatives and could actually scratch the lens.
- Anything clean and cotton will keep lenses clear, but a lens cleaning cloth is the best material to use.
- If you have dirt on a lens that can't be easily removed, use a mild soap and water. Window cleaner or rubbing alcohol can destroy lens coatings, says Jeff Smith, vice president of professional affairs at Pearle.
- Clean your frames with soap and water every other week. The acidity of your skin can wear down the frame material.
- Lenses with an antireflective coating should be cleaned with a special antireflective cleaner to avoid oils and chemicals that may react with the coating.

Putting the Squeeze on Fruit Juice

Too much fruit juice may make young children short and prone to obesity, according to a study in the journal *Pediatrics*.

Researchers at the Mary Imogene Bassett Research Institute and Columbia University studied dietary records kept by parents and care providers for 168 children between ages 2 and 5. They measured height, weight, and body fat to determine fruit juice's impact on growth.

Of the 168, 19 children drank at least 12 fluid ounces of juice a day (that's more than twice the daily average among kids this age). Of those 19, 42 percent were short in stature (their height was less than the 20th percentile for their age and sex) compared with 14 percent of children who were short but drank less than 12 ounces a day. Obesity also was more common among children who drank a lot of juice. The height of some of the children may have been impacted because they substituted excess juice for more nutritious foods, the researchers noted. And the excess juice may have resulted in extra weight gain.

Their conclusion: Moderation is best. Until more studies are done, researchers suggest limiting juice consumption to less than 12 ounces a day.

An Option for the Terminally Ill

People diagnosed with terminal illnesses can sell their life insurance policies for money. They're called viatical settlements. An investor buys a dying person's life insurance policy at less than face value, giving the sick person a lump-sum payment.

People with AIDS have used viaticals for years, and the Oncology Nursing Association now offers educational courses on viaticals for nurses.

Lucille Day received a viatical settlement from Page & Associates in Fort Lauderdale after being diagnosed with pancreatic cancer. She used the money to pay medical bills. "It got us back on track," she says. It wasn't her only life insurance policy.

For information, call the National Viatical Association at 800/741-9465.

To Thine Own Self, Give Blood

If you're having elective surgery, talk to your doctor about donating blood—to yourself.

"Blood banks take great care in testing donors' blood, but if patients can give their own blood, it is definitely the best way to avoid diseases, such as Hepatitis B and HIV," says Joseph C. McCarthy, M.D., an orthopaedic surgeon at New England Baptist Hospital in Boston.

Before you can donate, ask your doctor and/or hospital for guidelines. The rules for donating blood to yourself are not the same as donating to a blood bank. Generally, patients who want to use their own blood for surgery can't have an infectious disease and must meet the following requirements:

- Weight—at least 100 pounds.
- Blood pressure—should be between 90/50 and 180/100.
- Temperature—no higher than 99.5 degrees.
- Pulse—must be between 50 and 100 beats per minute.

Obviously, the amount of blood you'll need will vary depending on the procedure. For example, the American Academy of Orthopaedic Surgeons says it takes about two units of blood replacement to perform primary hip surgery, but four or more units for revision hip surgery.



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Be A Lunch-Box Hero



by David Feder, R.D. and Barbara Quinn, M.S., R.D.

Break out the brown bags and Hercules lunch boxes, the kids are heading back to school. Packing healthful lunches for your pride and joy needn't be a hassle. A few simple, yet creative, tactics will make your job easier while getting the kids involved in the lunch-making process. They'll also learn the importance good food is to good health—and good fun.

Pack the Pyramid

Boosting the quality of the brown-bag lunch is easy if you "pack the Pyramid." All you have to do is follow the nutrition guidelines shown in the Food Guide Pyramid for Kids, *below*. The chart was developed by the United States Department of Agriculture (USDA) to guide you to the foods which supply the key nutrients for growing children.

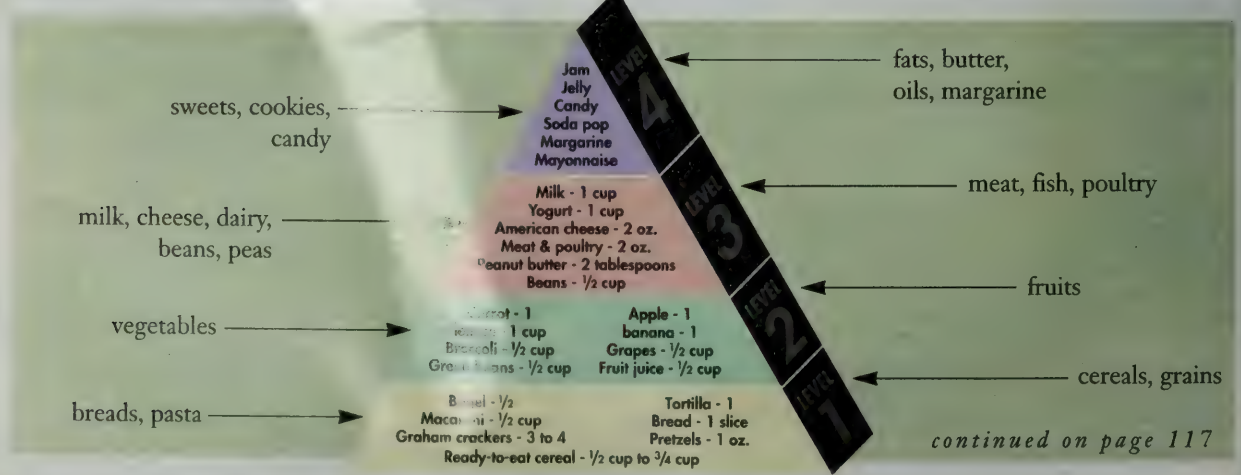
The secret to building a successful Pyramid-based lunch is the same as for building any important structure: start with a strong base. Select one or more foods from each of the three bottom levels of the Pyramid—grains; fruits and vegetables; and meat, beans, and dairy products—to have a solid nutritional base and earn an "A+" in balanced brown-bag lunches.

Key Kid Nutrients

Grains and grain products from the base of the Pyramid supply the B-vitamins, fiber, iron, and zinc. Kid-friendly grain foods include bagels, crackers, muffins, pasta salads, pretzels, and tortillas. When it comes to bread, opt for whole grain versions if possible. But if your offspring insist on white bread, don't feel like a bad parent: Most white breads are fortified with iron and other essential nutrients.

Vegetables and fruits, the second level of the Pyramid, are primary sources of essential vitamins and minerals. Pack one or two foods from this level to help make a nutritionally complete lunch. Cucumber slices and cherry tomatoes are popular vegetables, but some kids prefer their veggies disguised. In these cases, chop them up and mix them into "user-friendly" sandwich fillings.

When it comes to fruit, does the apple you so carefully packed come home still in the bag, looking as if it was used for softball practice instead of dessert? Substitute fruit roll-ups or dried cherries. Also, pure fruit juices count, as do dried fruits.



continued on page 117

Your favorite American recipes have been around for over a hundred years. Here's an update.



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Lunch-Box Hero

continued from page 114

Kids get protein, plus calcium and other important minerals, at the third level of the Pyramid. Needs for dietary zinc and iron (recognized as key problem nutrients in children) are high in growing kids, and meat and eggs are the best sources.

For young vegetarians, dried fruit, whole grains, and fortified juices are good providers of important minerals. Your children also need to eat at least three daily servings of calcium-rich foods, such as milk, yogurt, and cheese.

To complete the basics for the Pyramid-positive lunch, include protein in the form of a 2-ounce serving of meat, poultry, fish, cheese, yogurt, peanut butter, nuts, or beans.

No need to avoid fats and sweets at the tip of the Pyramid: These add flavor and appeal to lunches and provide the extra calories kids need for energy and growth. Best bets include fruit-filled cookies, oatmeal cookies, granola bars, or even sweetened cereals to split the difference between healthful snacks and empty calories. Including fun food treats, such as cake or cookies, keep kids from feeling deprived.

There are healthful options for salty snacks, too. Young ones like potato or tortilla chips, and there's no denying the convenience of tossing a packet of chips into the lunch bag. But instead of plain chips, try multigrain chips or pretzels.

The Inclusion Factor

Registered Dietitian Michelle Barth sends her tots off to school with a variety of nutritious foods. "But," she admits, "I know they trade what they don't like with their friends, or lunch comes home still in the bag."

Yet even kindergartners can grasp the need to have energy for the playground and be instructed about healthy eating. Involve youngsters in menu planning: Present several choices for each course, then and let your wee ones build their own menu.

Choices from groups of related items—for example, between carrot sticks, celery sticks, and sweet pepper strips—puts kids in the driver's seat while guaranteeing good nutrition choices. Young people are more likely to eat foods they've chosen, even if the choice is from a group of foods they would normally reject.



Like you, your children have their own specific likes and dislikes.

SAFETY TIPS IN THE BAG

Food safety is every bit as important as nutrition. Your safest bet is to pack foods in insulated lunch boxes. Or, find out if the school has facilities where brown bag lunches can be refrigerated. If these options don't exist, stick to foods that don't contain easily spoiled ingredients, such as poultry, soft fruits, or products containing eggs. Wherever possible, use airtight plastic resealable containers. Remind your charges to stash their lunches in a cool, dry spot—under their desk or in the top of their locker—till they're ready to dive in.

Like you, your children have their own specific likes and dislikes. Working mother Joy Colangelo doesn't worry about the lunches she packs for her two children, Alex, 7, and Dakota, 9. "I always pack one of the three foods I know they'll eat," she says. "Peanut butter, jelly, and peanut butter and jelly."

Kids often get attached to a single food or food combination, but there's no cause for alarm since such food fads rarely last long. When they do happen, be like Joy: Don't panic. Pack what you know your boys and girls will eat, but don't forget to encourage them to add at least one new or different food for each lunch.

Beat Brown Bag Boredom

For young people who haven't tried a new vegetable or fruit since they started on solid foods—or even those who have—plan a "fun food day" each week. Some fresh ideas are:

- Fuzzy kiwi fruit—an excellent source of vitamin C—will have your child hopping like a kangaroo. Kiwi taste like a mixture of strawberries, bananas, melon, and lime. Cut them in half and pack a plastic spoon for scooping out the inside.
- Sunny mango slices always surprise with their rich, sweet taste. Mangos are loaded with vitamins A, C, and potassium.
- A rainbow of orange, purple, yellow, and red sweet peppers, cut into strips, are great, finger-food veggies that keep their crunch till lunch. Brilliant yellow cherry tomatoes are fun and attractive, but taste familiar and have lots of vitamin C.
- Fresh snow pea pods and snap peas are an unexpected favorite of the younger set. They are sweet and crunchy and keep well in the bag.
- Jicama, peeled and cut french-fry style, is another sweet and crunchy vegetable kids will enjoy. Squeeze fresh lime juice over the strips to keep them fresh and provide extra vitamin C.
- Chunks of fresh coconut meat make for a tropical brown bag hit when packed as a dessert or even just a quick calorie booster for between-classes snacking.

Barbara Quinn is a registered dietitian and certified pediatric obesity specialist in Carmel, California.

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Peonies



Beauty will blossom in your garden if you plant the **Peony Collection** inspired by our garden feature on *pages 137 to 144.* The varieties we've chosen are not identical to the varieties shown in our story (some of which are difficult to obtain), but the collection can be a "starter set" providing a nice range of both vibrant and subdued colors.

You'll receive one each of Karl Rosenfeld (red), Festiva Maxima (white), Sarah Bernhardt (deep pink), and Shirley Temple (soft blush pink). All are double peonies shipped as dormant roots containing three to five eyes. They love bright and sunny locations and are likely to produce flowers in the first season after planting, although they will save their more showy performances for the second and subsequent years. Plants grow to an average of 24 inches tall with flowers reaching an average of 30 to 32 inches tall. The price of the collection is $47.95, which includes shipping and handling charges plus applicable sales tax.

Shipments will be made at the proper time for planting in your zone (about October 1, 1997, to December 15, 1997). Orders received after December 15, 1997 (or too late in the season for planting in your zone) will be shipped in the spring (about March 1, 1998, to June 1, 1998). *Sorry, we are unable to ship to Alaska, Hawaii, Mexico, Canada, or Puerto Rico.*

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Venting Session

That feeling has been building up all season. Now it's finally time to clean out those dirty interior vents and registers. If you do the job right, you can avoid stirring up a lot of dust and trouble.

Even if you change your furnace filters regularly, interior vents can still become collection points for dust, rust, and mold. If not occasionally checked and cleaned, they may even become blocked by debris.

To properly clean vents and faceplates, you'll need a screwdriver, a flashlight, a vacuum cleaner with attachments, a sponge, and a bucket. For severely corroded vents and faceplates, you may also need paint that can be applied to metal. Rust-resistant spray paint works well.

Begin by unscrewing the faceplate and putting it in a bag so you can easily carry it outside without leaving a trail of dust. Examine the vent and the duct behind it with the flashlight to get a good picture of what you'll be cleaning, then collect any loose dirt and dust with the vacuum cleaner. A quick swipe with a damp sponge should take care of remaining dirt.

When you're done, take another look to see if there's any rust or discoloration. If an unsightly area is visible through the faceplate, consider painting that area a dark color.

Cleaning faceplates is easy. Wash them in soapy water and straighten out any bends. If they are rusted or corroded, you may want to consider adding a coat of paint.

First, remove any rust or corrosion with a wire brush, then paint the grilles to match your room's decor. Leave ample time for the paint to dry before reattaching them so they're easy to remove next time.

If registers are rusted or damaged beyond repair, you can purchase new ones at most hardware stores. Prices start at about $5 for basic models. Designer styles and grilles made of wood and brass are also available. These can cost up to $25 each.

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Power-Packed Planting

by Craig Summers Black

After 16 years in an apartment, Mark Henry had some gardening to catch up on. Looking at his new and stuffed-to-the-gills garden, you might think Mark is overcompensating. Because when he isn't relaxing over coffee in his rose garden, he is very busy—as is his landscape. But look again: His garden isn't wild. It's wonderful.

continued on page 124

PHOTOGRAPHS: DAVID MCDONALD; REGIONAL CONTRIBUTOR: TRISH MAHARAM

Separated at Birth.

{ The life story of two shirts }



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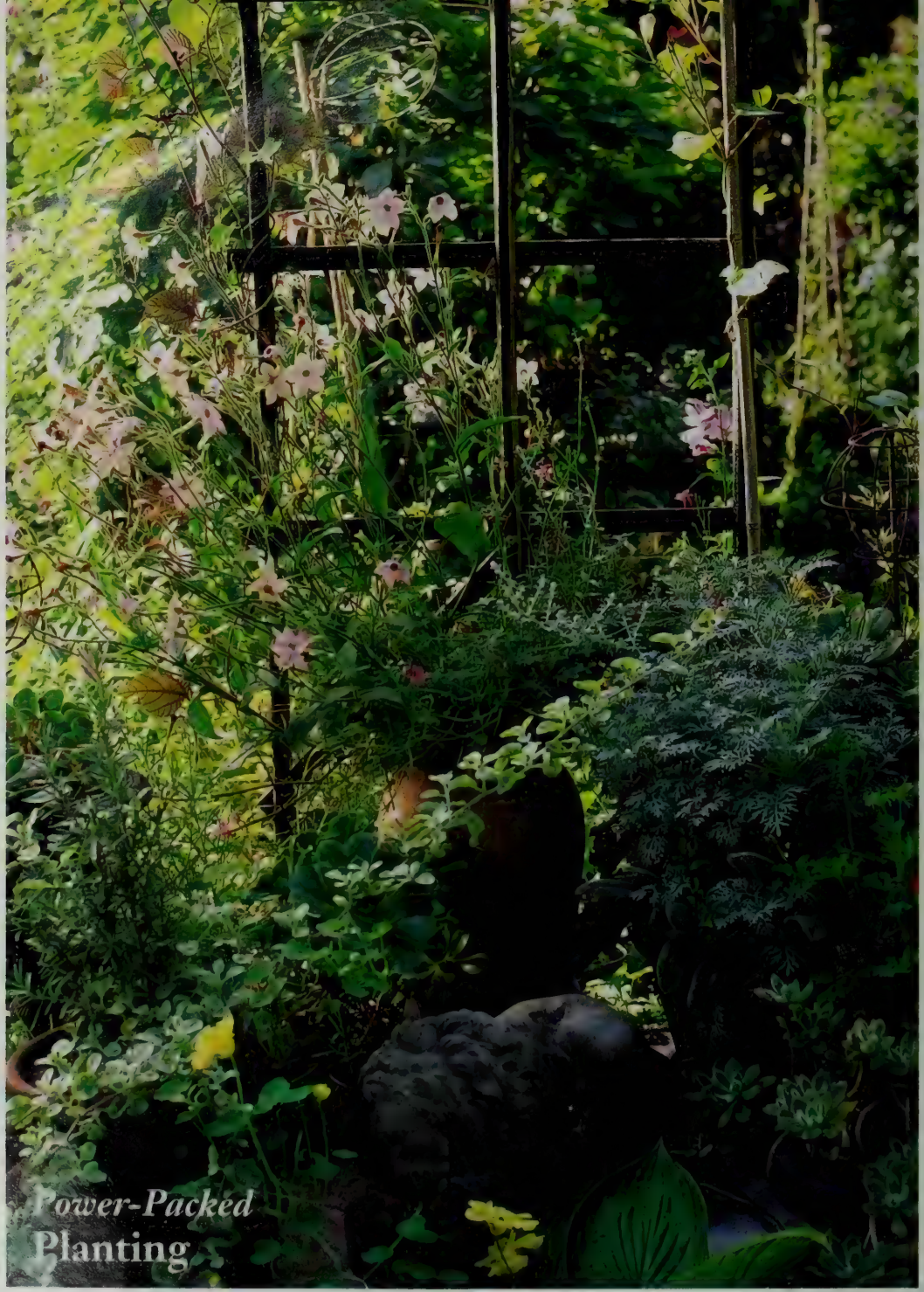
Mark's herb garden revolves around a brick circle. This plot—like all his others—is filled to overflowing, while beans, lettuce, cabbage, and tomatoes find second-story homes in pots. Mark uses every available inch of real estate and then some, as ornamental beans climb wooden tripods.

Power-Packed Planting

Mark's plantings are decidedly full and lush. But his garden's casual nature is underpinned by a formal design and a reliance on the concept of garden rooms. He has an herb garden, a rose garden, a Mediterranean garden, and a shade garden. "Dividing up a large space into smaller spaces gives the illusion of a much larger garden," he says. "And it's fun to go from room to room and have different atmospheres." Mark is still refining his garden, he says, and his lawn keeps shrinking to accommodate alterations. "Gardens never stay the same," he says, "and they are never finished."

continued on page 126


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Power-Packed Planting

Talk about framing a view: Mark uses a window frame as a trellis behind a marble-and-iron cafe table topped with an ever-changing display of plants. The hostas (*foreground*) are planted in an old copper boiler. Lilies in pots, another theme, liven up green spaces.

Two collections unify Mark's garden. "I have 35 types of hosta. They are a theme in my garden." And then there are the garden ornaments: a stone lion, concrete fruit, a kitten, a cherub he found for a dollar at a garage sale, huge pots, and little urns. He has a special fondness for a small plaque with three children playing instruments. "It reminds me of my 30 years of teaching music," he says. "I like to use stuff in the garden."

continued on page 128



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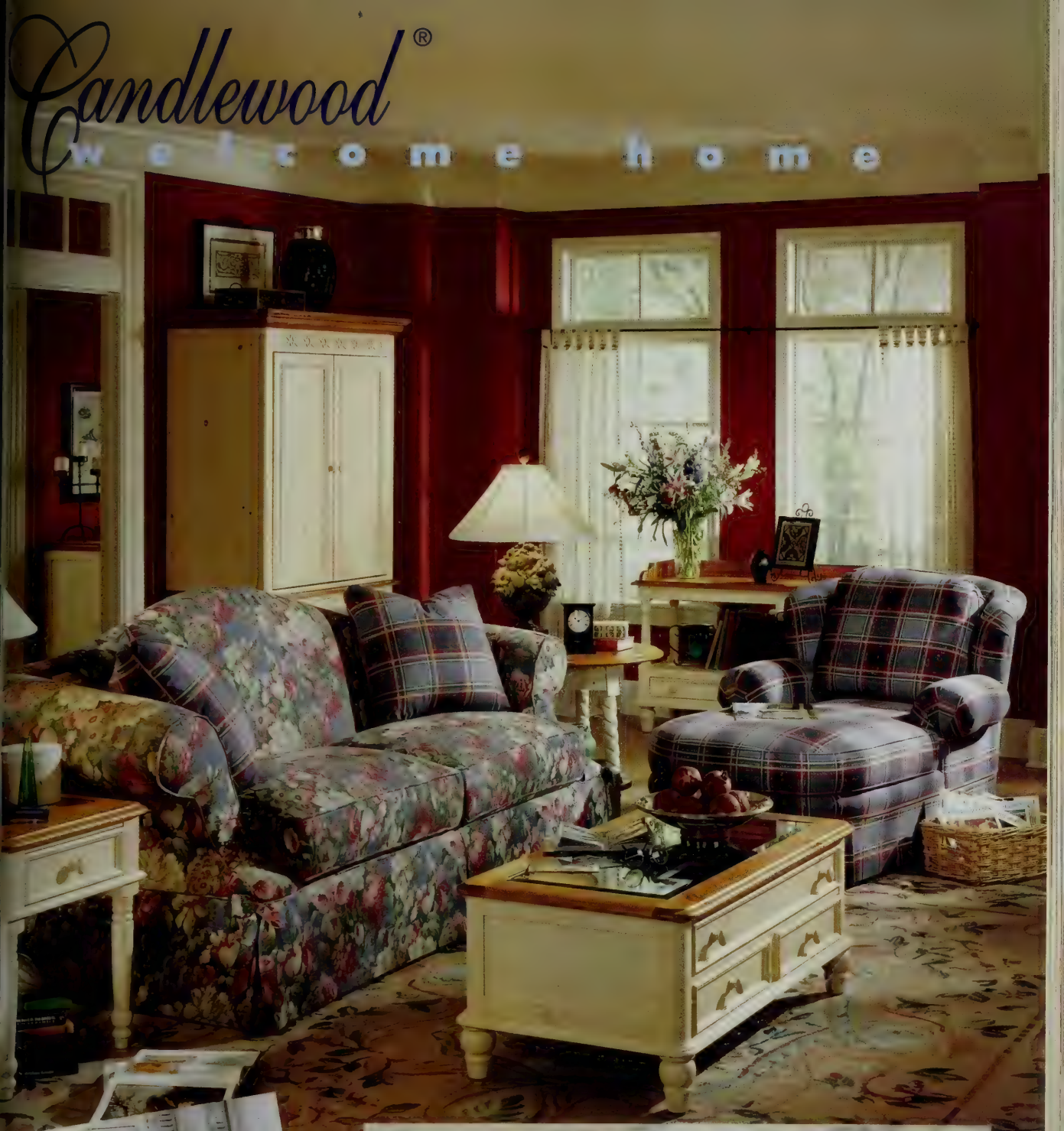
Yellow arborvitae announce the entry to another garden room. What is left of the lawn has become an emerald-green path. A terra-cotta pot filled with a Gold Flame spiraea bush, pansies, and nasturtiums rests on an ivy-covered tree stump.

Power-Packed Planting

Evidence of a passionate plantsman: Mark started in on his Snohomish, Washington, garden even before his furniture was moved in. "I started weeding and digging beds, and the first winter I began devouring garden books," he says. By spring he decided to incorporate new ideas from Rosemary Verey with classics from Gertrude Jekyll. "I liked the idea of formal structure with informal things happening." Now, he says, he learns from other gardeners, from lectures, and from visits to gardens. "I take bits and pieces home to my own garden and incorporate them." The result? "A hodgepodge of collections," he says, smiling. Small wonder from a man whose garden motto is, by his own admission, "If you find a plant that's happy in your yard, use it."

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Tufted Arm Chair, inset below, $549 - $599*; Settee, $749 - $849*; Sofa with two contrasting pillows, $799 - $899* (available as a Sleeper, $999 - $1099*); Mirrored-back Curio, $665; Round Lamp Table, $250; Display Cocktail Table, $600; Sofa Table, $475; Commode End Table, $265.

In the dining room, two-tone open China, $1440, features detailed fretwork, framed mouldings, and display rack with removable spindles for easy cleaning. The golden pine veneer top of the Farm Table, $815, features a raised beveled edge. Two aproned leaves extend table to 96" to seat eight. Splat Back Side Chairs, $190 each; Arm Chairs, $240 each; Flip-top Server, $715, features laminate surface.





livable good looks

The Candlewood all-American style is a design mix of pared down simplicity and smart detail. Kathy Delgatti loves the carved fretwork, simple wood pulls and the delicate corner bows on her sofa. Mike and the kids demand comfort and utility. Cushiony upholstery sends straight-laced formality packing, and great storage pieces like the Home Entertainment Center and Armoire organize and uncomplicate even the Delgatti's fast-paced life.

Poster Bed**, $650, features arched head- and footboard and turned ball finials. Night Stand, $290; Six-Drawer Chest, $715; Triple Dresser, $740; Mirror, $275.

** *Queen bed shown. King and Full available in Honey finish. King, Queen, Full and Twin available in Buttermilk finish. Wooden rails also available.*



The Candlewood Armoire, $1400, sets up for storage or easily converts to house a TV/VCR. Mirrored door, adjustable shelves with cubby dividers, clothes rod, and knock-out back panel are tucked away behind recessed panel doors; base features two full-stop drawers that won't tilt or drop when opened.



The Home Entertainment Center, available in Buttermilk or Honey finish, holds a large-screen TV and surround-sound speakers. Pocket doors on Center Entertainment Unit, $1565, recess for easy viewing. Above the TV, store up to four VCRs/game units. Left or Right Audio Units, $750 each.

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Candlewood offers versatility and function — lots of storage and style that will last through Taylor's and Chase's teen and college years. Desk arrangement includes Large Hutch, $415; Small Hutch, $350; Student Desk, $415; Bachelor Chest, $350; and Desk Chair, $185. Also shown: Twin Sleigh Bed, $715; Night Stand, $315; and Dresser, $475, with matching Mirror, $220. At left, seven-drawer Lingerie Chest, $725, is 54" tall and only 26-space-saving-inches wide. Top lifts to reveal a velvet-lined insert.

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San Dieg[illegible]	Vantage Interiors*
San Jose	Sears Homelife
	Woodworks Furniture
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San Mateo	House Of Value
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Tigard	Ripleys Fine Furniture
	Sears Homelife
Tualatin	Ripleys Fine Furniture

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Layton	Sears Homelife
Midvale	Sears Homelife
Murray	R C Willey Home Furnishings*
Orem	R C Willey Home Furnishings*
Riverdale	R C Willey Home Furnishings
Saint George	Boulevard Furniture
Salt Lake City	R C Willey Home Furnishing
Syracuse	R C Willey Home Furnishing
West Valley	R C Willey Home Furnishing

WASHINGTON

Aberdeen	Goldberg Furniture*
Auburn	Auburn Way Furniture
Bellevue	Sears Homelife
Ellensburg	Fitterer Brothers
Ferndale	Samuels Furniture*
Kent	Vans Furniture*
Lynnwood	Sears Homelife
Moses Lake	Furniture West
Mt. Vernon	Lyons Furniture & Sleep Ce
Oak Harbor	Whidbey Furniture & Carpet
Silverdale	Sears Homelife
Spokane	Burgans Furniture*
Sunnyside	Nobles Paint & Floor Coveri
Tacoma	Harkness Furniture*
	Sears Homelife
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Information for the Patient

ZYBAN™ (bupropion hydrochloride) Sustained-Release Tablets

Please read this information before you start taking ZYBAN. Also read this leaflet each time you renew your prescription, in case anything has changed. This information is not intended to take the place of discussions between you and your doctor. You and your doctor should discuss ZYBAN as part of your plan to stop smoking. Your doctor has prescribed ZYBAN for your use only. Do not let anyone else use your ZYBAN.

IMPORTANT WARNING:

There is a chance that approximately 1 out of every 1,000 people taking bupropion hydrochloride, the active ingredient in ZYBAN, will have a seizure. The chance of this happening increases if you:

- have a seizure disorder (for example, epilepsy);
- have or have had an eating disorder (for example, bulimia or anorexia nervosa);
- take more than the recommended amount of ZYBAN; or
- take other medicines with the same active ingredient that is in ZYBAN, such as WELLBUTRIN® (bupropion hydrochloride) Tablets and WELLBUTRIN SR® (bupropion hydrochloride) Sustained-Release Tablets. (Both of these medicines are used to treat depression.)

You can reduce the chance of experiencing a seizure by following your doctor's directions on how to take ZYBAN. You should also discuss with your doctor whether ZYBAN is right for you.

1. What is ZYBAN?

ZYBAN is a prescription medicine to help people quit smoking. Studies have shown that more than one third of people quit smoking for at least 1 month while taking ZYBAN and participating in a patient support program. For many patients, ZYBAN reduces withdrawal symptoms and the urge to smoke. ZYBAN should be used with a patient support program. It is important to participate in the behavioral program, counseling, or other support program your health care professional recommends.

2. Who should not take ZYBAN?

You should not take ZYBAN if you:

- have a seizure disorder (for example, epilepsy).
- are already taking WELLBUTRIN, WELLBUTRIN SR, or any other medicines that contain bupropion hydrochloride.
- have or have had an eating disorder (for example, bulimia or anorexia nervosa).
- are currently taking or have recently taken a monoamine oxidase inhibitor (MAOI).
- are allergic to bupropion.

3. Are there special concerns for women?

ZYBAN is not recommended for women who are pregnant or breast-feeding. Women should notify their doctor if they become pregnant or intend to become pregnant while taking ZYBAN.

4. How should I take ZYBAN?

- You should take ZYBAN as directed by your doctor. The usual recommended dosing is to take one 150-mg tablet in the morning for the first 3 days. On the fourth day, begin taking one 150-mg tablet in the morning and one 150-mg tablet in the early evening. Doses should be taken at least 8 hours apart.
- **Never take an "extra" dose of ZYBAN.** If you forget to take a dose, do not take an extra tablet to "catch up" for the dose you forgot. Wait and take your next tablet at the regular time. Do not take more tablets than your doctor prescribed. This is important so you do not increase your chance of having a seizure.
- It is important to swallow ZYBAN Tablets whole. Do not chew, divide, or crush tablets.

5. How long should I take ZYBAN?

Most people should take ZYBAN for 7 to 12 weeks. Follow your doctor's instructions.

6. When should I stop smoking?

It takes about 1 week for ZYBAN™ (bupropion hydrochloride) Sustained-Release Tablets to reach the right levels in your body to be effective. So, to maximize your chance of quitting, you should not stop smoking until you have been taking ZYBAN for 1 week. You should set a date to stop smoking during the second week you're taking ZYBAN.

7. Can I smoke while taking ZYBAN?

It is not physically dangerous to smoke and use ZYBAN at the same time. However, continuing to smoke after the date you set to stop smoking will seriously reduce your chance of breaking your smoking habit.

8. Can ZYBAN be used at the same time as nicotine patches?

Yes, ZYBAN and nicotine patches can be used at the same time but should only be used together under the supervision of your doctor. Using ZYBAN and nicotine patches together may raise your blood pressure. Your doctor will probably want to check your blood pressure regularly to make sure that it stays within acceptable levels.

DO NOT SMOKE AT ANY TIME if you are using a nicotine patch or any other nicotine product along with ZYBAN. It is possible to get too much nicotine and have serious side effects.

9. What are possible side effects of ZYBAN?

Like all medicines, ZYBAN may cause side effects.

- The most common side effects include dry mouth and difficulty sleeping. These side effects are generally mild and often disappear after a few weeks. If you have difficulty sleeping, avoid taking your medicine too close to bedtime.
- The most common side effects that caused people to stop taking ZYBAN during clinical studies were shakiness and skin rash.
- Contact your doctor or health care professional if you have a rash or other troublesome side effects.
- Use caution before driving a car or operating complex, hazardous machinery until you know if ZYBAN affects your ability to perform these tasks.

10. Can I drink alcohol while I am taking ZYBAN?

It is best to not drink alcohol at all or to drink very little while taking ZYBAN. If you drink a lot of alcohol and suddenly stop, you may increase your chance of having a seizure. Therefore, it is important to discuss your use of alcohol with your doctor before you begin taking ZYBAN.

11. Will ZYBAN affect other medicines I am taking?

ZYBAN may affect other medicines you're taking. It is important not to take medicines that may increase the chance for you to have a seizure. Therefore, you should make sure that your doctor knows about all medicines—prescription or over-the-counter—you are taking or plan to take.

12. Do ZYBAN Tablets have a characteristic odor?

ZYBAN Tablets may have a characteristic odor. If present, this odor is normal.

13. How should I store ZYBAN?

- Store ZYBAN at room temperature, out of direct sunlight.
- Keep ZYBAN in a tightly closed container.
- Keep ZYBAN out of the reach of children.

This summary provides important information about ZYBAN. This summary cannot replace the more detailed information that you need from your doctor. If you have any questions or concerns about either ZYBAN or smoking cessation, talk to your doctor or other health care professional.

GlaxoWellcome

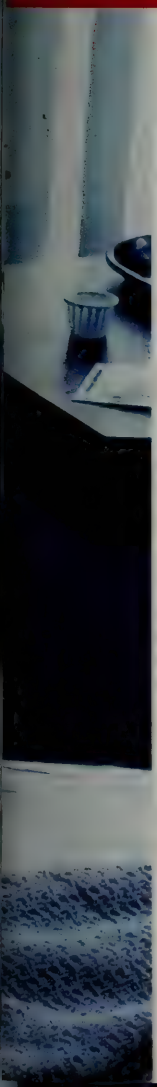
Glaxo Wellcome Inc.
Research Triangle Park, NC 27709

U.S. Patent Nos. 5,427,798 and 5,358,970
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May 1997 RL-425

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"I'm going to take charge of my DIABETES for more reasons than ever."



Maybe GLUCOPHAGE can help.

GLUCOPHAGE (pronounced "glue-ko-fahj") is a pill that helps control your blood sugar. Your doctor or healthcare provider can prescribe GLUCOPHAGE alone, or along with the most commonly used diabetes pills for better blood sugar control. With GLUCOPHAGE, your weight tends to stay the same or may even decrease somewhat. GLUCOPHAGE could even improve your cholesterol, especially if it's high.

Type 2 diabetes gets progressively worse, and insulin is sometimes the right choice, but before you get to that point, fight back! Find out how GLUCOPHAGE can help get your diabetes under control when added to an approved diet. Your doctor or healthcare provider will know best if GLUCOPHAGE is right for you. For more information, call 1-800-392-9700.

If side effects occur, they usually occur during the first few weeks of therapy. They are normally minor ones such as diarrhea, nausea, and upset stomach. Taking GLUCOPHAGE with meals can help reduce these side effects. The most serious side effect associated with GLUCOPHAGE is called lactic acidosis. Lactic acidosis is caused by a buildup of lactic acid in the blood. Lactic acidosis associated with GLUCOPHAGE is rare and has occurred in one in 33,000 patients on GLUCOPHAGE over the course of one year. Primarily, this happens in people whose kidneys are not working normally, who have a history of liver disease, or who drink alcohol excessively. If lactic acidosis occurs, it can be fatal in up to half the cases. There is some evidence that some oral diabetes drugs may increase the risk of heart problems. Please see important patient information on the next page.

ASK YOUR DOCTOR ABOUT...

GLUCOPHAGE®
(Metformin Hydrochloride Tablets) 500 mg

FIGHT BACK

Bristol-Myers Squibb Company

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F5-K033 Issued: August 1997 Printed in USA

PATIENT INFORMATION ABOUT GLUCOPHAGE®

(metformin hydrochloride tablets)

500 mg and 850 mg

WARNING: A small number of people who have taken Glucophage have developed a serious condition called lactic acidosis. Properly functioning kidneys are needed to help prevent lactic acidosis. Most people with kidney problems should not take Glucophage. (See Question Nos. 7-11)

Q1. Why do I need to take GLUCOPHAGE?
Your doctor has prescribed GLUCOPHAGE (GLUE-coe-fahj) to treat your type II diabetes. This is also known as non-insulin-dependent diabetes mellitus (NIDDM).

Q2. What is type II diabetes?
People with diabetes are not able to make enough insulin and/or respond normally to the insulin their body does make. When this happens, sugar (glucose) builds up in the blood. This can lead to serious medical problems including kidney damage, amputations and blindness. Diabetes is also closely linked to heart disease. The main goal of treating diabetes is to lower your blood sugar to a normal level.

Q3. How is type II diabetes usually controlled?
High blood sugar can be lowered by diet and exercise, by a number of oral medications and by insulin injections. Before taking GLUCOPHAGE you should first try to control your diabetes by exercise and weight loss. Even if you are taking GLUCOPHAGE, you should still exercise and follow the diet recommended for your diabetes.

Q4. Does GLUCOPHAGE work differently from other glucose-control medications?
Yes it does. Until GLUCOPHAGE (metformin hydrochloride tablets) was introduced, all the available oral glucose-control medications were from the same chemical group called sulfonylureas. These drugs lower blood sugar primarily by causing more of the body's own insulin to be released. GLUCOPHAGE (metformin hydrochloride tablets) lowers the amount of sugar in your blood by helping your body respond better to its own insulin. GLUCOPHAGE does not cause your body to produce more insulin. Therefore, GLUCOPHAGE rarely causes hypoglycemia (low blood sugar) and it doesn't usually cause weight gain.

Q5. What happens if my blood sugar is still too high?
When blood sugar cannot be lowered enough by either GLUCOPHAGE or a sulfonylurea, the two medications may be effective taken together. However, if you are unable to maintain your blood sugar with diet, exercise and glucose-control medication taken orally, then your doctor may prescribe injectable insulin to control your diabetes.

Q6. Can GLUCOPHAGE cause side effects?
GLUCOPHAGE, like all blood-sugar lowering medications, can cause side effects in some patients. Most of these side effects are minor and will go away after you've taken GLUCOPHAGE for a while. However, there are also serious, but rare side effects related to GLUCOPHAGE (see below).

7. What kind of side effects can GLUCOPHAGE cause?
If side effects occur, they usually occur during the first few weeks of therapy. They are normally minor ones such as diarrhea, nausea and upset stomach. Taking your GLUCOPHAGE with meals can help reduce these side effects.

Although these side effects are likely to go away, call your doctor if you have severe discomfort or if these effects last for more than a few weeks. Some patients may need to have their dose lowered or stop taking GLUCOPHAGE, either temporarily or permanently. Although these problems occur in up to one-third of patients when they first start taking GLUCOPHAGE, you should tell your doctor if the problems come back or start later on during the therapy.

About three out of one hundred people report having a temporary unpleasant or metallic taste when they start taking GLUCOPHAGE.

Q8. Are there any serious side effects that GLUCOPHAGE can cause?
GLUCOPHAGE rarely causes serious side effects. The most serious side effect that GLUCOPHAGE can cause is called lactic acidosis.

Q9. What is lactic acidosis and can it happen to me?
Lactic acidosis is caused by a buildup of lactic acid in the blood. Lactic acidosis associated with GLUCOPHAGE is rare and has occurred mostly in people whose kidne were not working normally. Lactic acidosis has been reported in about one in 33,0 patients taking GLUCOPHAGE (metformin hydrochloride tablets) over the course o year. Although rare, if lactic acidosis does occur, it can be fatal in up to half the cas

It's also important for your liver to be working normally when you take GLUC PHAGE. Your liver helps remove lactic acid from your bloodstream.

Your doctor will monitor your diabetes and may perform blood tests on you fr time to time to make sure your kidneys and your liver are functioning normally.

There is no evidence that GLUCOPHAGE causes harm to the kidneys or liver.

Q10. Are there other risk factors for lactic acidosis?
Your risk of developing lactic acidosis from taking GLUCOPHAGE is very low long as your kidneys and liver are healthy. However, some factors can increa your risk because they can affect kidney and liver function. You should not ta GLUCOPHAGE if:

- You have chronic kidney or liver problems
- You drink alcohol excessively (all the time or short-term "binge" drinking)
- You are seriously dehydrated (have lost a large amount of body fluids)
- You are going to have certain x-ray procedures with injectable contrast agent
- You are going to have surgery
- You develop a serious condition such as a heart attack, severe infection, or stroke.

Q11. What are the symptoms of lactic acidosis?
Some of the symptoms include: feeling very weak, tired or uncomfortable; unusu al muscle pain, trouble breathing, unusual or unexpected stomach discomfo feeling cold, feeling dizzy or lightheaded, or suddenly developing a slow or irregu lar heartbeat.

If you notice these symptoms, or if your medical condition has sudden changed, stop taking GLUCOPHAGE and call your doctor right away. Lactic acid sis is a medical emergency that must be treated in a hospital.

Q12. What does my doctor need to know to decrease my risk of lactic ac dosis?
Tell your doctor if you have an illness that results in severe vomiting, diarrhe and/or fever, or if your intake of fluids is significantly reduced. These situations ca lead to severe dehydration, and it may be necessary to stop taking GLUCOPHAG temporarily.

You should let your doctor know if you are going to have any surgery or specia ized x-ray procedures that require injection of contrast agents. GLUCOPHAGE the apy will need to be stopped temporarily in such instances.

Q13. Can I take GLUCOPHAGE with other medications?
Remind your doctor that you are taking GLUCOPHAGE when any new drug is pre scribed or a change is made in how you take a drug already prescribed. GLU COPHAGE may interfere with the way some drugs work and some drugs may inter fere with the action of GLUCOPHAGE.

Q14. What if I become pregnant while taking GLUCOPHAGE?
Tell your doctor if you plan to become pregnant or have become pregnant. As wit other oral glucose-control medications, you should not take GLUCOPHAGE durin pregnancy.

Usually your doctor will prescribe insulin while you are pregnant. As with a medications, you and your doctor should discuss the use of GLUCOPHAGE if yo are nursing a child.

Q15. Are there other risks associated with GLUCOPHAGE?
There is some evidence that any oral diabetes drug may increase the risk of hear problems. Experts are not sure what the real risk is for heart problems, if any, fron taking oral diabetes medicine.

Q16. How do I take GLUCOPHAGE?
Your doctor will tell you how many GLUCOPHAGE tablets to take and how often This should also be printed on the label of your prescription. You will probably be started on a low dose of GLUCOPHAGE and your dosage will be increased gradu ally until your blood sugar is controlled.

Q17. Where can I get more information about GLUCOPHAGE?
This leaflet is a summary of the most important information about GLUCOPHAGE If you have any questions or problems, you should talk to your doctor or othe healthcare provider about type II diabetes as well as GLUCOPHAGE and its side effects. There is also a leaflet (package insert) written for health professionals tha your pharmacist can let you read.

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Revised June 1996

6060DIM-01
F5-B001-6-96

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canned black or red beans





CE *with* Mushroom Soup ▲
Boil 1 can condensed cream of
shroom soup and 1 1/2 cups water •
in 2 cups uncooked Minute® rice
• Cover • Remove from heat •
Let stand 5 minutes • Stir

CE *with* Broccoli & Cheese ▶
l 1 1/2 cups water and 1 cup fresh
frozen broccoli • Stir in 1 1/2 cups
ncooked Minute® rice and 8oz.
eeta® cheese spread, cut up • Cover
ok on low heat 3 minutes • Remove
m heat • Let stand 5 minutes • Stir





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This *is* RICE

Your Home's Fall Checklist

by Karin B. Miller



Just as we move winter clothing back into closets in preparation for cold weather, so should we prepare our homes to withstand winter's frosty bite.

Here's a list of household items to check and tasks to do before the temperatures drop and the snow flies.

Doors. Two steps stop gusty drafts cold. First, check to see if exterior doors close tightly: Do they sag? Do they rub their door frames? Are latch plates or hinges loose? If the answer is "yes" to any of these questions, spend some sweat equity to straighten the way your doors hang. Second, weather-strip, particularly if your built-in door weather stripping is worn out. If you can't find exact replacements, spring plastic strips, V-strips, or tubular gaskets make good alternatives.

Windows. While Jack Frost's handiwork makes a lovely window scene, it's a sure sign of trouble for your heating bill. Prevent frost from showing up at your windows this winter by stopping air leaks now.

Remove debris from window wells and add storm windows if you have them. Weather-strip and caulk older windows between window frames and along frame edges. If your windows are fairly new, simply caulk your frames. Even if you have storm windows, you should weather-strip interior windows to prevent condensation.

In addition, consider adding clear plastic sheeting to the inside of older windows. Available in kits and easy to use, plastic sheets stop cold air leaks—and may reduce your heating bills.

Roof and gutters. Don't allow leaves and twigs to clutter your gutters, downspouts, and leaf strainers. When you rake your yard, be sure to take the extra time to clean these out.

And while you're outside, you may want to check storm drains for debris and examine your foundation for signs of termites.

Water pipes. Frozen or burst pipes are among a homeowner's worst nightmares. Protect pipes in unheated areas from freezing by adding insulation, which reduces heat loss from hot-water pipes and condensation on cold-water pipes.

Insulation can be as basic, and as inexpensive, as newspaper bundled around the pipes and tied with string. But it's better to wrap pipes with insulating tape or to encase pipes with preformed plastic foam. While tape tends to be less expensive than plastic foam, it's more time-consuming to apply. Two other options include standard blanket insulation wrapped with duct tape or an insulating liquid, which can be messy.

If you're extremely concerned that a particular pipe will freeze, wrap it with an electric heat cable, which prevents freezing even with icy temperatures of 20 degrees or more below zero. This option uses a good deal of electricity and can be costly.

Fireplace. Before winter has you reaching for some seasoned logs, hire a chimney sweep to inspect your chimney flue and clean it if necessary. Make sure the flue's seal is good—a drafty chimney is a wintertime no-no.

Heating system. Don't let temperatures plunge before a professional heating contractor inspects your oil-burning unit, heat pump, or radiator (annually) or your gas-fired or electric furnace (every two to three years). In addition, ask the inspector how you can best maintain your system year-round.

Water heater. Just because your water heater seems to work fine now doesn't mean you should put off an annual inspection. Fall is a perfect time to have your tank's pressure and temperature relief valve inspected.





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THE HOME DEPOT

MER TLC, Inc.

by Craig Summers Black and Mark Kane

EDITOR'S CHOICE

True blue.

If you've got the room for a baptisia, this tall rugged character is an impressive wildflower to invite into your garden. At 3 to 4 feet tall, it can anchor a portion of the bed as easily as a shrub, while covering itself in clear-blue sweet-pea flowers. Like many of us, baptisia likes full sun and hates muddy feet. After that, it can just about take care of itself. Its monster taproot makes it drought-resistant, but also difficult to transplant. So make sure you put it where you want it. Bonus: dark, shiny seed pods—great for drying and arrangements.



Baptisia, sometimes called false indigo, also comes in white or yellow. Go figure.



LOOKING GOOD

Daffodils for Her Dad—and Her Hometown

Sally Snipes (*near left*) remembers her father by planting daffodils every spring. With friend Betty Bowman (*far left*) and an army of volunteers, she has planted more than a *million* of them—all around the Gold Rush town of Julian, California. Since forming the Daffodil Project in 1990, they've beautified the old cemetery, the landmark county jail, and the Pioneer Museum. "The first year everyone thought we were nuts," says Sally. "Now everyone is getting in the spirit."

continued on page 134

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You've got MERIT

continued from page 132



Pink Puffs and Red Rockets

The pink peony poppy, or *Papaver somniferum*, springs tufts of tissue-paper blossoms about 2½ feet high, just tall enough to peek over the slender red spikes of *Polygonum amplexicaule* Firetail, or fleece flower. Firetail, an underutilized ground cover or border edger, has the bonus of heart-shaped leaves. The poppy is an annual; polygonum, a perennial. (Note: Many *somniferums* are much taller and a vivid red or purple-approaching-black; know what you are buying.)



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TEST GARDEN TIP

A Spreader Stopper

Some otherwise attractive garden denizens have the unforgivable habit of coveting your real estate. First they get a toehold in the landscape and—*zoom!*—land-grab time. Bamboo is notorious for this nasty attribute. But other equally showy plants are just as aggressive: bishop's weed, snow-in-summer, some artemisias, and even some ornamental grasses (*right*). You don't have to forsake their beauty, but you do have to restrain it. Solution: keep the beast in a pot—a buried, bottomless pot, but a pot nonetheless.

Buying information, page 220







STEP ONE: To make a container that really contains, saw or cut off the bottom of a good-sized nursery pot.

STEP TWO: Dig a hole deep enough to accommodate the pot and set the pot in the ground with the lip at ground level.

STEP THREE: Plant your garden thug in the pot. Then fill the rest of the hole with dirt. You may want to mulch to camouflage the edge of the pot. When the plant becomes perilously overlarge, divide it, and give one to a friend—with a warning.

PHOTOGRAPHS: PETER KRUMHARDT



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Ultimate Garden Salsa.

It goes great with

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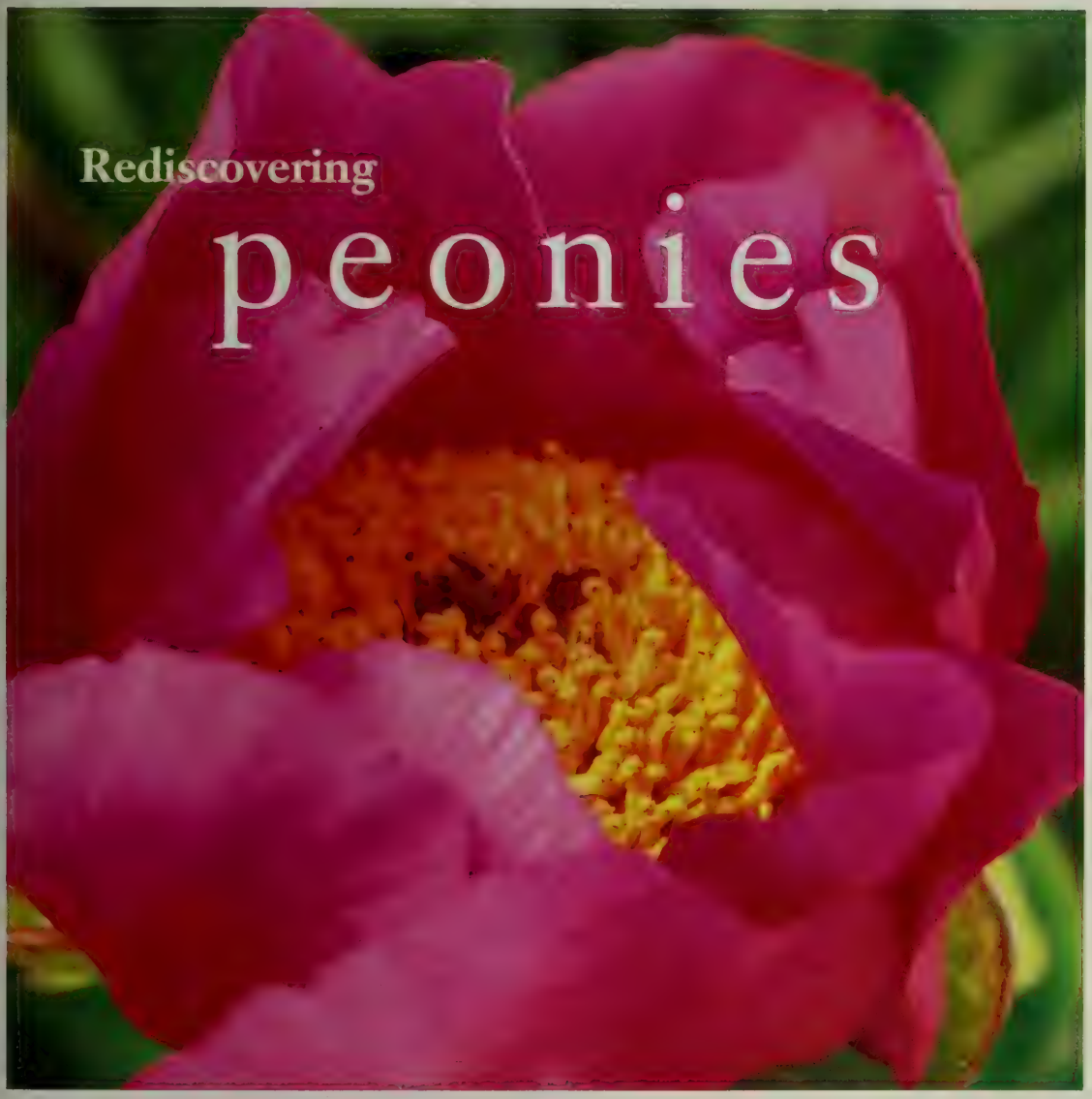
just plain whenever.



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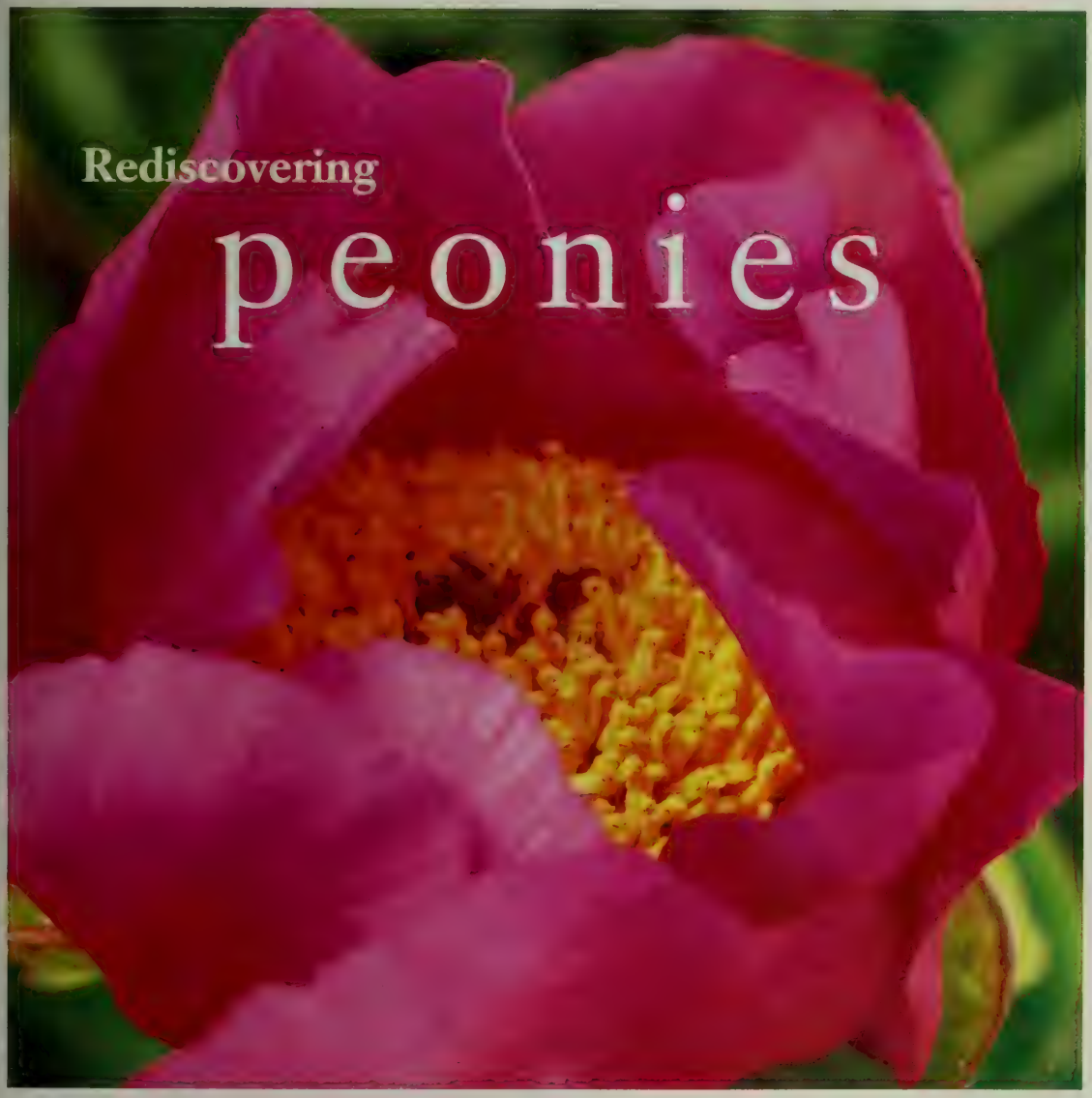
Rediscovering peonies

Surely your grandmother grew peonies. Seventy-five years ago, when *Better Homes and Gardens*® first began publishing as *Fruit, Garden and Home*, everyone grew these fragrant wonders. Now peonies are enjoying a renaissance of sorts, as today's too-little-time gardeners rediscover peonies and incorporate them into their home landscapes—and find themselves rewarded with long-lived, no-fuss flowers reminiscent of another era.

HUMILIS VILLOSA
This single-flowered species offers an early-blooming show in rose. The cut-leaved foliage has a matte-green cast and is lightly fuzzy on the underside.

by Craig Summers Black


Dig into a whole bunch
of vegetables in Tostitos™
Ultimate Garden Salsa.
It goes great with
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during late-night TV, or
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Rediscovering peonies

Surely your grandmother grew peonies. Seventy-five years ago, when *Better Homes and Gardens*® first began publishing as *Fruit, Garden and Home*, everyone grew these fragrant wonders. Now peonies are enjoying a renaissance of sorts, as today's too-little-time gardeners rediscover peonies and incorporate them into their home landscapes—and find themselves rewarded with long-lived, no-fuss flowers reminiscent of another era.

HUMILIS VILLOSA
This single-flowered species offers an early-blooming show in rose. The cut-leaved foliage has a matte-green cast and is lightly fuzzy on the underside.

by Craig Summers Black



NOSEGAY
This early-blooming salmon-pink single (*left*) is a vigorous grower, tall and fragrant, and renowned for its finely cut and attractive foliage. The dark pink seed pods are excellent for drying.



SUGAR N' SPICE
The pinched-looking petals of this creamy pink semi-double feature fluting and ruffling (*right*). It's fairly low-growing, to only 24 inches tall, with sturdy stems nearly impervious to wind and rain.

Peonies pump out fistfuls of heady rose-like blossoms every spring without a bit of coddling. Many varieties thrive as far north as Minnesota, so blasé about winter nastiness they have become almost the signature flower of the Midwest. They are exceedingly enduring, sometimes blooming a half-century later in abandoned farmsteads, inviting someone, anyone, to stop and appreciate a landscape frozen in time. And, unlike other perennials, peonies rarely need dividing. When we say rarely, we mean it—say, every 30 years if you like. They make exceptional cut flowers, blooming in such profusion that it won't make a hole in your garden to snip even a bush-sized bouquet. They also make suitable subjects as dried flowers. No wonder Grandma grew so many peonies—like her, they can be everlasting.

PRAIRIE MOON
Here is one of the few creamy yellows to bloom mid-season (*right*). Another twist: The flowers vary in form from single to semi-double depending on soil and climate. But it's slow to grow.

ediscovering

peonies




Rediscovering
peonies



MLOKOSEWITSCHII
This yellow (*left*) is beautiful even out of flower. Says breeder Allan Rogers, "It puts out bronze leaves with red stems. Later, the leaves turn light green. It has beautiful fall foliage, too."



In the past, peonies generally were planted all by their lonesome, as long rows or "hedges." But because all herbaceous peonies—as opposed to the tree peonies—die back in the fall, they are ill-suited to massed plantings. They all bloom around May, leaving a vast canvas of green afterward until they become a sweep of yellowing, flopping foliage.

Peonies are at their most attractive as specimen or accent plants. In a small yard, one well-chosen peony near the front door or by a sitting area out back may suffice. If your yard is nearer to nonexistent, you can even plop one in a pot for a big show in a small space. But peonies radiate when subtly integrated into a perennial bed, rising copper-red in mid-spring to hide the desiccated leaves of bulbs as they slowly wither and go *pfffft*. Then peonies pop off their buxom blooms at almost 3 feet high, lending a textured backdrop to summer perennials, and deflate, slowly camouflaged by later bloomers.

BLUSHING PRINCESS
Its five weeks of blooms have a bonus—fragrance. Princess (*above*) boasts huge, dark green leaves, multiple buds, and never-failing stems. Light pink flowers have a white sheen.

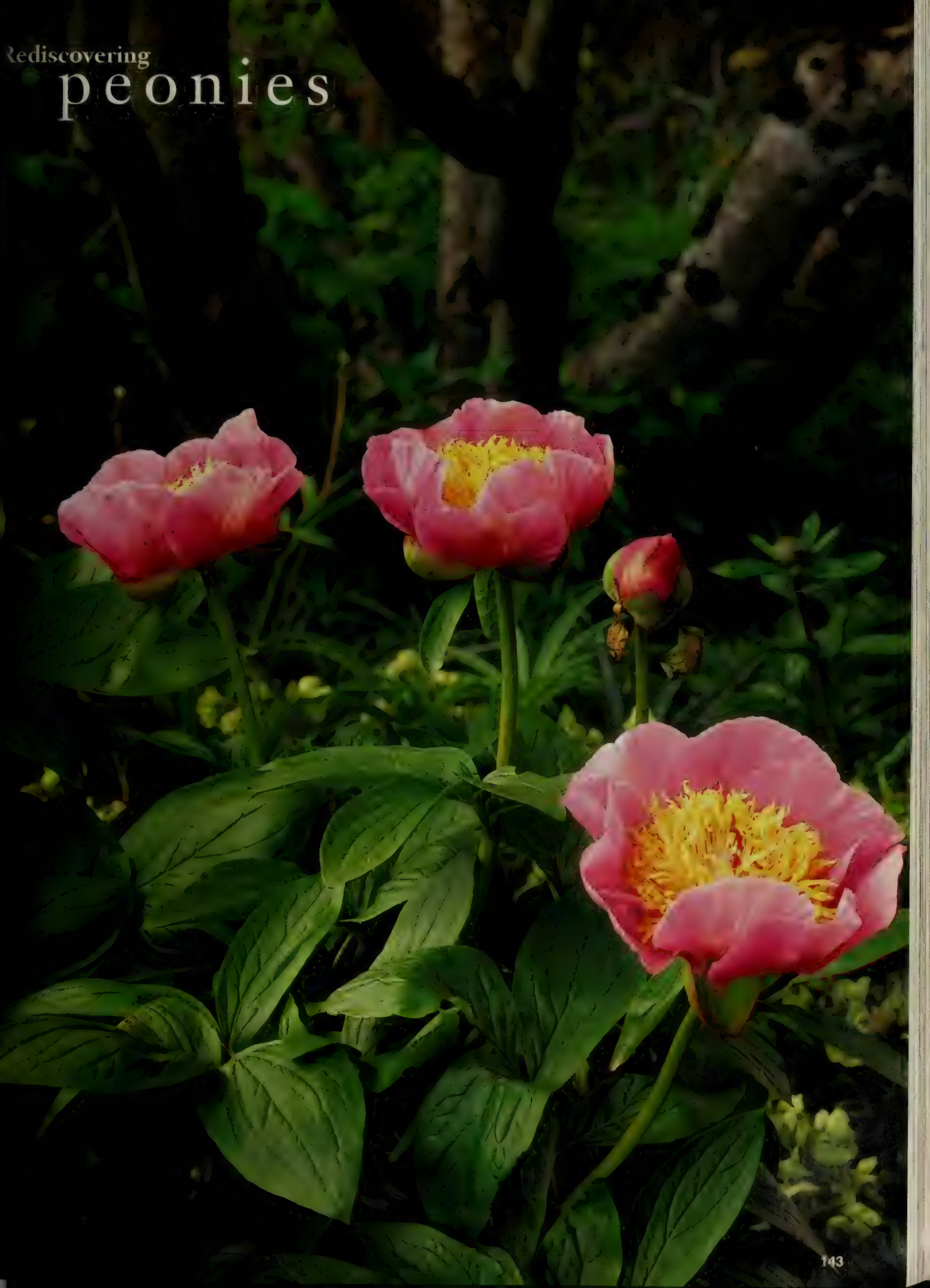
IN THE LANDSCAPE, peonies work best as an integral element in a flower or mixed-shrub border. Geoffrey Beasley of Sherwood, Oregon, plants them with lilacs and perennials (*left*).



GAY PAREE
Fuchsia-pink petals surround artichoke-sized centers of creamy white (*above*). Sometimes little pink petals come up through the center of this Japanese variety for a three-colored, tufted effect.

For perfect peonies, plant bare-root divisions with three to five eyes in the fall where they will receive at least a half-day of full sun. While herbaceous peonies need some winter cold to induce flowering, they are not Northern flowers alone any longer. More temperate areas where winter chill descends to only 15 degrees can play host to early-blooming, single-flowered, and Japanese varieties. For example, Soft Salmon Joy, a single pink with yellow stamens, lives happily down South, as does Gold Standard, a white and yellow Japanese. A winter mulch is necessary for all peonies the first year to prevent frost-heaving; remove before spring growth appears. And—the only downside to peonies—don't expect flowers the first season.

PAGEANT
Few peonies get this tall, sometimes to 5 feet. Pageant (*right*) is also one of the earliest peonies to bloom. Allan Rogers, who owns Caprice Farm Nursery in Oregon, says this hot-pink single with its large foliage is one of his favorites.


Rediscovering
peonies

A LOW-GROWING PEONY and a large hosta brighten a cool corner of this New York garden.



A HOOP TRELLIS can help support the blossoms of older plants and taller varieties that might get toppled by wind or rain.



BH&G TEST GARDENER Andy Rocchia demonstrates how twigs or branches poked in the ground can do the same work. It's more informal—and it's cheaper.



DISBUDDING PRODUCES larger flowers. Simply pinch off side buds on flower stalks. Deadheading helps, too. Snap off or cut spent flowers so that the plant puts its energy into flower, not seed, production.

Rediscovering

peonies

Peony flowers come in several shapes, some like hefty corsages, some light and delicate. • Singles have at least one row of petals and a center of yellow stamens. • Japanese have five or more outer petals and a center of stamens that look like thin petals. • Bombs have outer petals and a pompon of inner petals. • Semi-doubles are full with a tuft of stamens, sometimes with petals intermixed. • And doubles are so full of petals the stamens usually are not visible. ⌂

Buying information, page 220
To order a peony collection, see page 118

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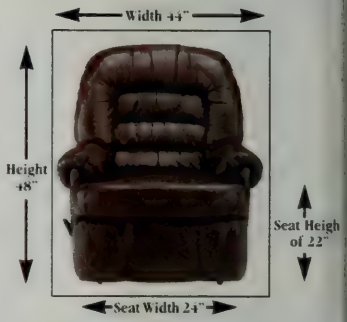
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by Rebecca Jerdee and Sharon Overton



Rural Routes *to* Style

For the Fasseus family, reconnecting to the past means trading their high-rise lifestyle for one rooted in nature and simplicity. It means exiting the fast lane—if only on weekends—for the slower pace of a winding country road and their 160-year-old farmhouse. It also means settling in with a decorating style that can put any house in a country-casual mood.

PHOTOGRAPHS: JAMES YOCHUM. REGIONAL CONTRIBUTOR: ELAINE MARKOUTSAS



The search for an idyllic country retreat led Paula and Peter Fasseus and their two children, Alexis and Drew, to this 15-acre spot on the border between Michigan and Indiana. The 1830 clapboard farmhouse, surrounded by rolling hills, an apple orchard, a peaceful pond, and dense woods, provided a feeling of graciousness and carefree ease that was missing in their busy city lives, says Paula.

"The little farmhouse on the winding road gave us a sense of stepping back in time, when life was very simple," she says. "There's a huge maple tree in front, probably about 160 years old. You can't put your arms around it. That kind of charm is irreplaceable."

While adding a two-story addition and other modern amenities to the 900-square-foot home, the Fasseuses were careful to preserve its original 19th-century charm. Wicker, painted pieces, and antique pine team up with tea-stained upholstery and floral and striped fabrics for a fresh, cottagey look. Wide-plank flooring and white woodwork give even intimately scaled rooms a feeling of spaciousness.



Part of the original house, the living room (*above*) is small but inviting. Cottage-style furnishings, including upholstery slipcovered in crisp stripes and colorful florals, airy wicker, and a collection of mismatched tables, complement the friendly

Rural Routes *to Style*





architecture. The family's attention to detail extends to the post-and-beam barn (*above left* and *right*), which was rebuilt board for board to match the original. The barn now houses a dance floor that's perfect for a country hoedown.



Rural Routes *to Style*

In the kitchen and dining area, unadorned windows offer a view of the garden, orchards, and pond. The Fasseuses further bring nature indoors with pots of geraniums, an old-fashioned floral tablecloth, and a chandelier entwined with ivy.





The kitchen combines 1990s-style function with old-fashioned ambience. "We wanted a room where you could eat and cook in the same space, one that's very open," Paula says. Simple white cabinets, built by a local carpenter, have glass-front doors that keep the contents in clear view, like the merchandise in a general store. Butcher-block countertops bring to mind a country meat cutter, although the warming drawers tucked into the island and the commercial range are thoroughly modern additions. The new pine floorboards look as if they have mellowed over time, thanks to an aniline dye treatment. In the dining area, an antique pine table is large enough to accommodate unexpected dinner guests. "We never know exactly how many are coming," Paula says. But on the farm, drop-ins are part of the fun.





Rural Routes *to Style*

The sunny, open feeling of the new family room (*above*) contrasts with the living room, which is more intimate in scale (see *page 148*). The Fasseuses planned this addition with weekend entertaining in mind. Pillow-plumped upholstery and warm antique pine tables give the room a casual, put-your-feet-up quality.





Simple, lightened-up interiors are the key to making the farmhouse look as fresh as just-picked produce. In the family room, two tiers of double-hung windows don't have muntins—much less curtains—to block the view or the sunlight. On the walls, wide planks are nailed directly to the drywall and left uncaulked to look like barn siding. Painting the walls and woodwork a single shade of sparkling white unifies the architecture and provides a clean, uncluttered background for furnishings and collectibles. Rather than mixing patterns, Paula keeps things uncomplicated by choosing a single tea-stained floral for all of the upholstered pieces. A sisal mat provides neutral color and nubby texture underfoot.

A collection of rooster figurines on the built-in bookshelves (*above*) was inspired by the family's real-life menagerie, which has grown over the years to include llamas, sheep, peacocks, ducks, chickens, a dog, and two cats. The pastoral setting is far removed from the intense banking-business environment Peter experiences during the week. "It's like paradise," he says. "It's tranquil. I don't want to use the word escape, but that's what it is."



Rural Routes *to Style*

In old farmhouses, families often lived in close quarters. Daughter Alexis' bedroom (*below*) is separated from the living room by a pair of French doors. While it's fun being close to the action sometimes, for privacy, Alexis only has to draw the doors' curtains, which otherwise can be tucked out of sight, as *below*.



Ruffled linens made of red-and-white gingham and eyelet lace pay homage to the farmer's daughters who once occupied the attic guest bedroom (*above*). The wallpaper's diamond-patterned background echoes the beds' checks. Family cats Thelma and Louise enjoy their moment in the sun (*below*).

In the bedrooms, layers of country prints create a comfortable nest for dreaming. Both rooms are part of the original house and required special attention to make them this inviting. Rather than go to the trouble and expense of replacing unsightly plaster, the Fasseuses hung old-fashioned floral wallpaper and camouflaged the ceilings with white-painted beadboard. Before covering walls, they made sure signs of the aging plaster were cosmetic rather than structural and repaired cracks and holes to prevent blemishes from later showing through the wallpaper. In daughter Alexis' room, *left*, the wallpaper also serves as a soft counterpoint to the rough-hewn fireplace and mantel. A ticking-stripe dust ruffle complements the floral print; a crisp white comforter gives the eye a place to rest.





Rural Routes *to Style*

Being close to nature is one of the things the Fasseus family loves most about their country home. Feeding the animals, reading on the porch swing, or having tea in the perennial garden (*below*) are among the quieter pleasures of rural life. "I find one of my favorite things is being alone by the pond, watching, and thinking," says 16-year-old Alexis. For Paula, summer days on the farm with little to do are what childhood should be all about. "It's a place to make memories," she says.

Buying information, page 220

A potting bench in the mudroom (*above*) makes the ideal spot for washing vegetables or arranging flowers as they come in the back door. After tending the perennial garden (*right*), relaxing with a cup of tea is a welcome treat. Drew, 15, and Alexis, 16, (*below*) don't consider feeding the chickens a chore; it's fun.





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Mary Mulcahy used scraps of old damask tablecloths to slipcover the French-style desk chair (*right*). She left the skirt short and gave it a scalloped edge to show off the chair's curvy legs. "It's like a little dress," she says. A painted-on monogram adds a personal touch.



PHOTOGRAPHS: JIM YOCHUM; REGIONAL CONTRIBUTOR: CLAUDIA FRANKLIN

playing dress-up

Some people go to thrift stores and see only junk. Mary Mulcahy sees orphans in need of new clothes. A photo stylist for catalogs such as Pottery Barn and Neiman-Marcus, Mulcahy gives old upholstered pieces new life with slipcovers made from fresh but inexpensive fabrics. Read on for tips on turning your own junk into treasure.

by Rebecca Jerdee and Sharon Overton

While any bedraggled chair may benefit from a crisp slipcover, furniture with clean lines and strong shapes yields the best results, Mulcahy says. "When I go to a thrift store and see a chair that looks horrible but has an expressive shape, I know that by changing the cover, the chair can be stunning."

Make sure the chair you choose is solidly made and that the upholstery is in fairly good condition. A slipcover may disguise a chair with loose padding and sprung springs, but it can't make it comfortable.

If you're an experienced sewer but are making slipcovers for the first time, make a pattern from muslin or an old sheet to get used to the pin-fitting process. If you're hiring someone to do the work, buying the fabric yourself and thinking through the design can save time and money.



playing dress-up



When designing slipcovers, let a chair's composition tell you how much to bare. The dining chairs (*far left*) needed only simple "aprons" made from fabric squares and bow ties. (The covers also protect the upholstery from spills.) To make this project easier, use oversize cloth napkins or tea towels for the covers and stitch on ribbon ties. Mulcahy chose to show off the carved wood of the French chair (*left*). The spaghetti-strap ties add a feminine touch.

If you're going to the trouble of sewing slipcovers or having them made, why not make two? Once you have a pattern, it's relatively simple to stitch up a cover in a second fabric. Classically shaped upholstery, such as the clawfooted camelback sofa *below*, gives you the greatest options. This heavyweight white denim can be washed and lightly bleached if it becomes stained. For variety, Mulcahy had a second cover made in fresh pink-and-white stripes.

Mulcahy upholstered the square seat cushion on the contemporary wing chair (*right*) and slipcovered the rest of the chair in a medium-weight denim twill. The matching pillow tucked into the chair back has a hand-painted design.

The seat cushion (*below*) features small quilting tucks. Mulcahy got the idea from mattresses she saw while visiting the Greek islands.



playing dress-up

Choosing fabric. To save money, Mulcahy uses dressmaker fabrics instead of upholstery fabrics. She buys cottons and linens that can be washed and dried easily. Plain fabrics or those with small, simple designs are easier to work with and require less yardage than large motifs, stripes, or plaids.

Estimating yardage. As a general guideline, you will need about 11 yards of 44- to 54-inch fabric for an armchair, 26 yards for a 6- to 7-foot sofa, and 19 yards for a love seat. Fabrics that must be matched require additional yardage. Be sure to preshrink fabric before cutting; Mulcahy cuts her fabric into 4-yard lengths, washes it in hot water, then dries it.

Picking trim. Piping, or welting, gives your slipcovers a professional look and strengthens seams. You can buy premade piping at fabric stores or make your own from matching or contrasting fabric. To estimate yardage, measure the piece's existing piping and add a yard for seams and errors.

continued on page 164

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Mulcahy was attracted to this chair (*left*) for its unusual shape. To complement the tall, graceful back, she designed a slipcovered "dress" made of white linen with a gathered skirt. A pillow stitched from two damask tea towels enhances the feminine design.

This buttoned-up back is pretty *and* practical: It helps in getting the cover on and off. The mismatched old buttons belonged to Mulcahy's mother.



playing dress-up

Even if you're not planning to make the slipcovers yourself, you should have some idea of the design you want before you hire the work done. Mulcahy suggests looking through magazines or pattern books for ideas. Show pictures of the styles you like to the person who is going to make the cover, she says. Some things to consider are:

- **Fit.** "I liked things to be loose several years ago, but now I like them fitted," she says. (Another reason to preshrink fabrics is so they will fit correctly from the start.)
- **Skirt.** A straight or pleated skirt offers a tailored look; a ruffled skirt (*above*) is more feminine. If the legs on your piece are good, you may want to eliminate the skirt altogether.
- **Cushions.** Box cushions are standard; mock box cushions (with piping bisecting the sides) are another option. For a high-end look, trade foam cushions for feather or down.





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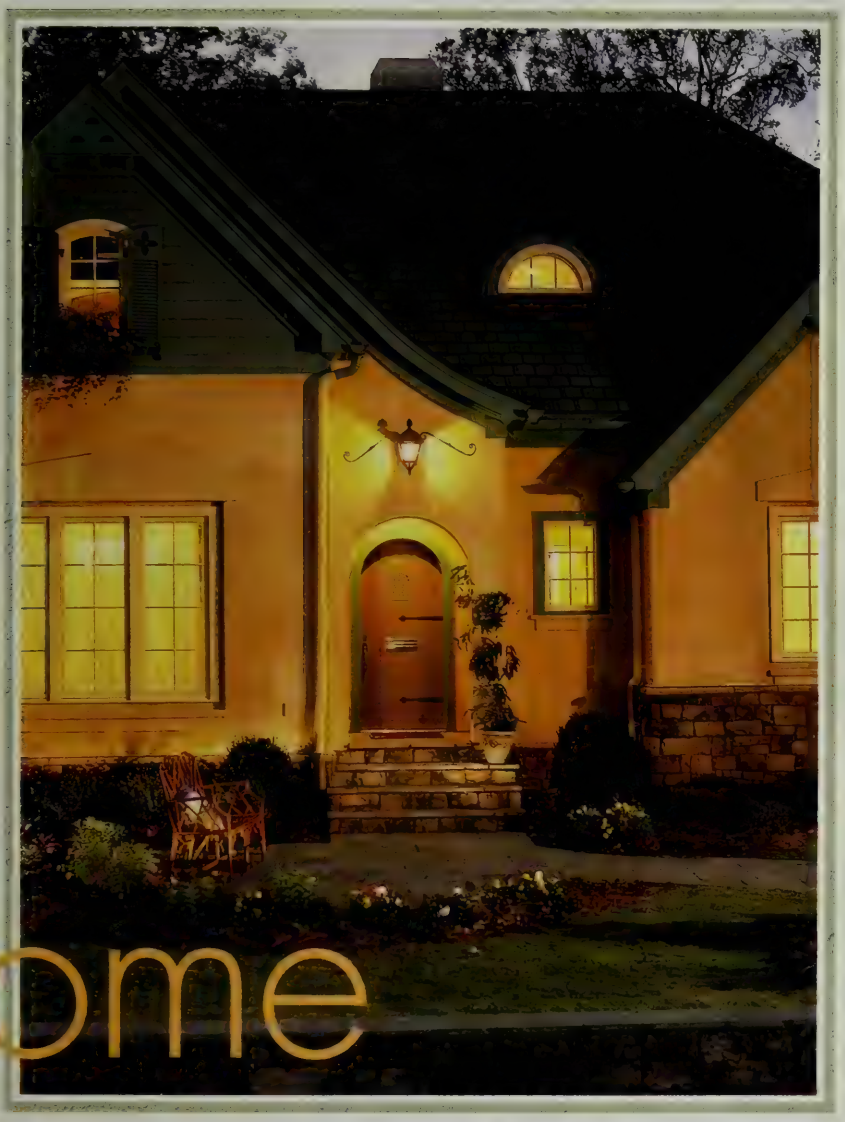
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by William L. Nolan and Joseph Boehm



home of the year

Seventy-five years add up to a lot of changes since *Better Homes and Gardens*® debuted in 1922, but our Home of the Year for 1997 embodies a spirit that's reassuringly familiar. Here is a forward-thinking house that sums up seven decades of great design—while drawing you back to a quieter, simpler time.







Our 1997 Home of the Year sums up 75 years of award-winning design ideas.



In a world driven by fast-track, hard-edged technology, our Home of the Year had to have heart. We wanted more than a cutting-edge design; this home had to to score high marks in style and livability while paying homage to a rich design heritage. So we asked residential designer Stephen Fuller and Atlanta builders Don and Beverly McAfee to reach back to the warmth and charm of the houses we featured in our earliest issues. The result: a picturesque stone-and-stucco cottage complete with eyebrow dormer, dovecoted gables, and an arched front entry.

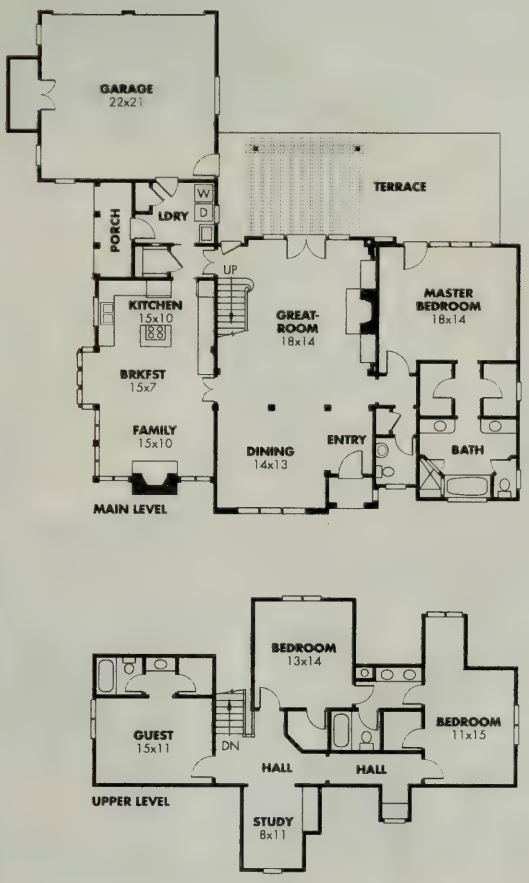
In the great-room (*left*), comfortable scale and low-key elegance evoke the tradition-minded living rooms of the 1930s and '40s. Furniturelike built-ins flank the fireplace within simply-framed niches. Subtle refinements lend a dressy note—beaded moldings and marble trim on the mantel, silky damask on the sofa—but the room is anything but stuffy. Chintzlike florals in the drapery panels, a pastel-plaid armchair, and a skirted side table clearly say, "Settle back and get comfortable; you're home."

A shapely staircase (*above*) graces the wall opposite the fireplace, its richly grained oak treads and banister restating the room's hardwood strip flooring. Finials and trim are painted ivory to match the mantel and built-ins.

home of the year







To order plans for the Anniversary Cottage (Plan No. 555-BHG), either call 800/274-2444, send a fax to 770/671-8665, or write to Design Traditions, 1200 Ashwood Pkwy., Suite 250, Atlanta, GA 30338.

The 2,800-square-foot plan features modest-size main rooms that live much larger by merging with circulation areas and by sharing space and light. The kitchen, breakfast nook, and family room flow together as one, and a pair of columns set boundaries for the great-room, dining room, and entry. The staircase is open to the great-room and links the rear hall with the upstairs bedrooms. At the top of the stairs, a wide arch merges the study alcove with the stair landing, tempering the alcove's coziness with a bit of visual stretch.

Get cozy in the family room (*left*) by drawing near the fire with your first cup of coffee in the morning or a glass of wine before dinner. The mood here evokes country inns of the early 1920s: casement windows in porchlike cluster, beadboard paneling, rough stone trim, rustic-style pilasters, and exposed beams. A plump sofa and a supple leather wing chair offer comfy spots to plop down and warm your toes by the hearth.



A sunny bay gives the breakfast nook (*above*) its own fair share of morning sun—plus roomy bench seating for the table. Here, pilasters and beams lend a comforting sense of enclosure by framing the bay like a stoutly timbered arch. Chunky legs on the breakfast table complement the nook's satisfying solidity, while airy bamboolike side chairs with Chinese Chippendale backs let the sun slide right through to warm up the polished oak flooring.

Chief ingredients in the kitchen (*right* and *inset*) include a palette of creamy pastels and satin patinas and a generous dose of cottage-friendly detailing. Beadboard puts a homespun spin on the kitchen's cabinetry and appliances, and hand-painted tiles on the backsplashes garnish the room's muted grays and creamy ivories with sprightly sprays of wildflowers.

Under all that 1920s charm, up-to-the-minute convenience puts this kitchen leagues beyond the one your grandmother cooked in. A super-quiet dishwasher near the main sink lets conversation flow uninterrupted at the table or the hearth, a sealed gas cooktop with pop-up vent corrals cooking odors on the island, and solid-surface countertops turn cleanup chores into quick swipes.

Beadboard and hand-painted tiles bring down-home charm to the kitchen.




home of the year



Escape to the master suite and leave behind the world of phone mail, office politics, and crunched schedules. Crocus-yellow walls and Dresden-blue accents in this part of the house envelop you with the serene radiance of a warm spring morning in the garden—even when the calendar says January. Take in views of the terrace and garden through the French doors, and let your thoughts run free in the peace and quiet as you sink into a chair or climb into the oak four-poster for a lazy-day nap.

The king-size four-poster bed is just the right scale for the room's nine-foot ceilings, which allow extra space up high for sky-viewing transoms. Beyond the French doors, the rear terrace stretches the full width of the room to provide secluded spots for sunning or stargazing.



Sunny colors and stylish fittings in the master suite evoke the quiet charm of an earlier day.



Suite sensibilities also shaped the master bath. It connects with the master bedroom via an arched passage that's lined with his-and-her walk-in closets, putting clothes within easy reach from both rooms. Inside the bath, efficient planning delivers two-people convenience without sacrificing high style. The shower enclosure and the toilet compartment angle across two corners, forming a cozy alcove for the whirlpool tub. An arch between them repeats arches in the hall to the bedroom. Twin vanities with elegantly fluted bowls hug the other two corners beneath handsome beveled mirrors. A pair of medicine cabinets hide behind the mirrors.

home of the year



When work follows you home, you can slip into the study alcove at the top of the stairs (*left*) for some quiet time. There's just the right measure of privacy and seclusion here, buffered from busier areas of the house and handy to the bedrooms. Building the desk into an alcove left room for comfy seating near the window.



Dormered alcoves turn the kids' upstairs bedrooms into minisuites by contributing bonus space for sitting or studying. In one dormer (*below*), twin windows furnish views of the backyard and allow extra ventilation. This room and the middle bedroom open directly to a compartmented bath, offering an extra dose of suite-style privacy.



Dinner guests won't have to scoot their chairs forward when you come round to pour the coffee. The dining room (*above*) is sized to seat eight or 10 comfortably, with space to spare for a full-size buffet. A pair of columns eliminate the need for walls on two sides, treating diners to views of the great-room and the terrace beyond. A 9-foot ceiling magnifies the spacious feel even further. To ease the room's period formality, the urn-back chairs are painted ivory to match the columns and baseboards.



The only thing better than spending the night in a bed like this, is spending the next day in it.

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Bedding. Bath. Window Coverings.



The service entrance (*left*) rivals the front side of the house for neighborly charm. Deep windows in the breakfast nook and the family room give this side of the house a warm, welcoming look, and the Dutch-gable rooflines fold down around them with the sturdy protectiveness of a thatched cottage in the Cotswolds. Rustic trim accents the stucco siding.

home of the year



The back gate (*above*) restates several of the home's key design elements: thick planking and wide board trim, rough stone veneer, and an elliptical arch. Flagstone on the steps leading down to the driveway covers a path to the rear terrace.



The rear terrace (*above*) features a wide trellis that's sized just right to frame the window wall in the great-room. On the right, the terrace adjoins the master bedroom, providing extra space for entertaining or relaxing outdoors. **Dovecotes,** window boxes, cedar shake shingles, and operable louvered shutters lend authentic cottage-style detailing to the gables (*right*).



Film budgets the size of the national debt. Sitcom stars making $1 million—a week! Is there any financial sanity in the entertainment world?



Yes, and this home theater cabinet with libraries from Sauder is proof. The elegantly-styled cabinet holds most 35-inch TVs, a VCR, audio equipment and lots of videotapes. The library units also offer storage galore and distinctive, raised panel doors with polished, brass-finish hardware.

Like all of the furniture Sauder makes, these pieces are manufactured quite a few miles east of Hollywood in Archbold, Ohio, piece by exacting piece and ready for you to assemble.

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From our Belmont Collection. Fruitwood finish. Cabinet has adjustable VCR shelf, tape and audio storage. Libraries have adjustable shelves, easy cord access. Models #6487-110, 6482-110.



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home of the year



1. Columns near the foyer frame an arch that opens to the small hall outside the master suite. A niche in the hall—a standard feature in homes of the 1920s, '30s, and '40s—repeats the arch in miniature. Traditionally the location of the home's only phone, it's still a handy spot to catch calls on the run.

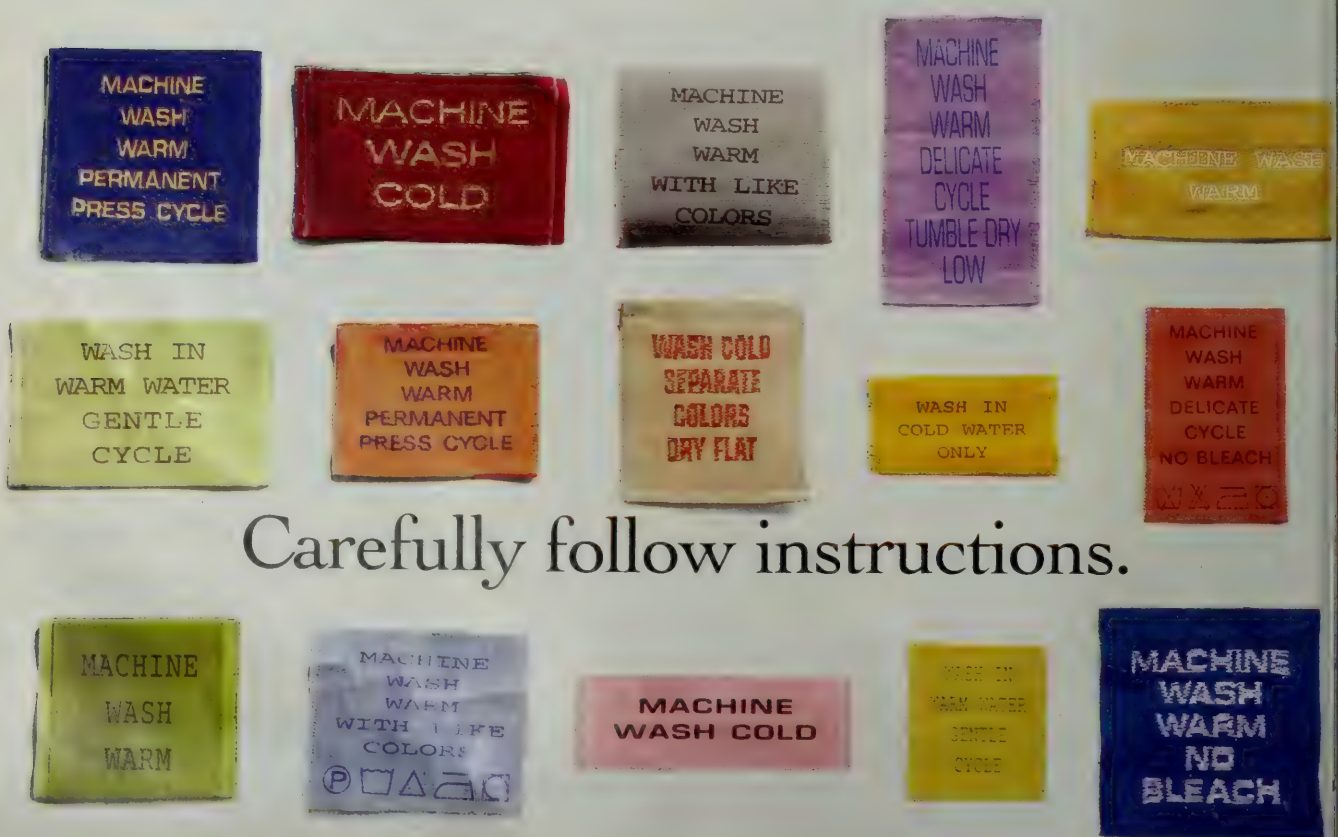


2. Two of the upstairs bedrooms share a "Jack-n-Jill" bath—a full bath that opens directly to the kids' rooms. Twin vanity bowls and a separate compartment for the tub and toilet make it easy for both kids to use the bathroom at the same time. Beadboard panels give the cabinetry a cottage touch.



3. Storage organizers in the kitchen include swing-out racks that keep ingredients handy in the baking center. This area adjoins a stack of wall ovens on the inside wall, opposite the island. The countertops are solid-surface material—which provides a smooth, stone-like surface for rolling out pastry.

Buying information, page 220. Our Home of the Year also inspired a birdhouse design, order plans page 250.





4. Sometimes it's the little things that count. Throughout the house, sculptural accents lend that sense of heft and quality that made yesteryear's homes so memorable. In the master bath, beveled trim and recessed paneling square off against shapely curves on the tub, rope border tile, and acrylic faucet handles.



5. A 1920s-style pedestal sink and period-inspired faucet turned back the clock in the powder room. The generously proportioned bowl on the sink and a curvaceous spout on the faucet make even a mere hand washing seem ceremonious. Deep baseboards mimic the sink's ivory chunkiness.



6. Modest cottages often pay homage to their grander cousins by indulging in a bit of architectural artistry. Our 1990s version honors this tradition by punctuating the underside of the staircase with a bulb-shaped finial. Crown molding along the ceiling wraps tightly here to form the finial's flared "cap."

PHOTOGRAPHS: JENIFER JORDAN. ARCHITECT: STEPHEN FULLER. PROJECT ARCHITECT: EDDIE PITTS, DESIGN TRADITIONS. LANDSCAPE DESIGN: ALEC MICHAELIDES, LAND PLUS. PROJECT PARTICIPANTS: APA/EWS GLULAM BEAMS AND WOOD I-JOISTS: **GEORGIA-PACIFIC CORPORATION** AND **APA—THE ENGINEERED WOOD ASSOCIATION.** DOOR AND CABINET HARDWARE: **BALDWIN.** BATH FIXTURES: **BARCLAY.** ROOFING: **CERTAINTEED.** CABINETS: **WOOD-MODE.** KITCHEN SINKS: **ELKAY.** CERAMIC TILE: **FLORIDA TILE.** HAND-PAINTED TILE: **SALT MARSH POTTERY LTD.** COUNTERTOPS: **FORMICA SURELL.** APPLIANCES: **GE APPLIANCES.** INDOOR CLIMATE CONTROLS: **HONEYWELL.** FURNITURE AND ACCESSORIES: **THE LANE CO.** PAINT: **MARTIN-SENOUR.** WINDOWS AND FRENCH DOORS: **MARVIN.** WHIRLPOOL TUBS: **MTI WHIRLPOOLS.** BATH FAUCETS AND FITTINGS: **PRICE-PFISTER.** CARPET: **SHAW.** STONE VENEERS: **STONE PRODUCTS CO.** HARDWOOD FLOORING: **HARRIS-TARKETT**



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What the best dressed chickens will be wearing this year.

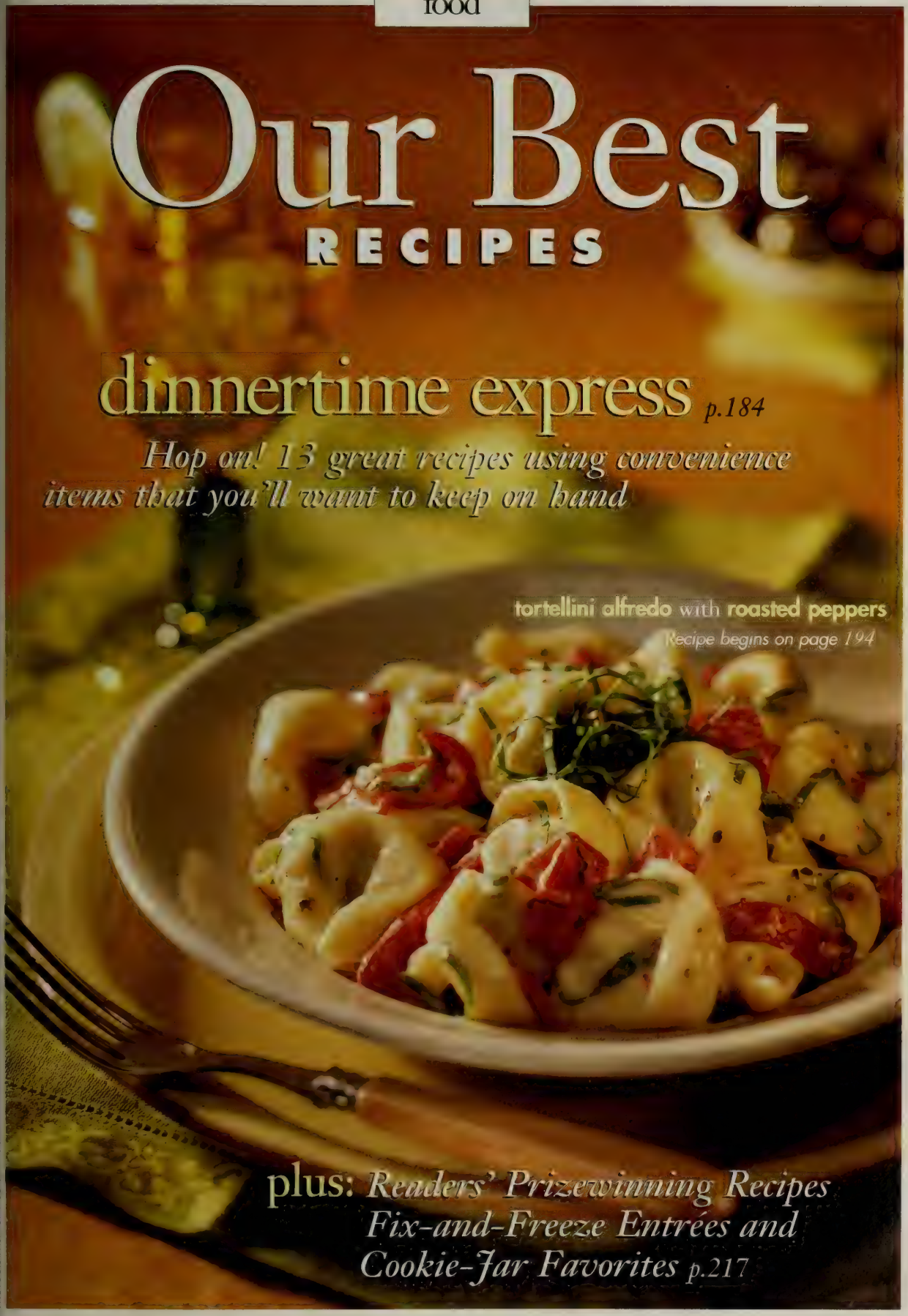
Introducing Kraft's new Garlic Herb and Zesty Red Pepper *Parm Plus!*™ One is a unique blend of parmesan, garlic, basil and parsley. The other, a zesty melding of parmesan, red pepper, garlic and parsley. Either way, you've got a chicken that's very tastefully dressed.

For *Parm Plus!* recipe ideas, call 1-800-634-1984 or see the back of the package.

Our Best RECIPES

dinnertime express p.184

Hop on! 13 great recipes using convenience items that you'll want to keep on hand



tortellini alfredo with **roasted peppers**

Recipe begins on page 194

plus: *Readers' Prizewinning Recipes Fix-and-Freeze Entrées and Cookie-Jar Favorites* p.217

PHOTOGRAPHS: TONY GLASER. FOOD STYLIST: GAIL O'DONNELL. PROP STYLIST: NANCY HOPKINS



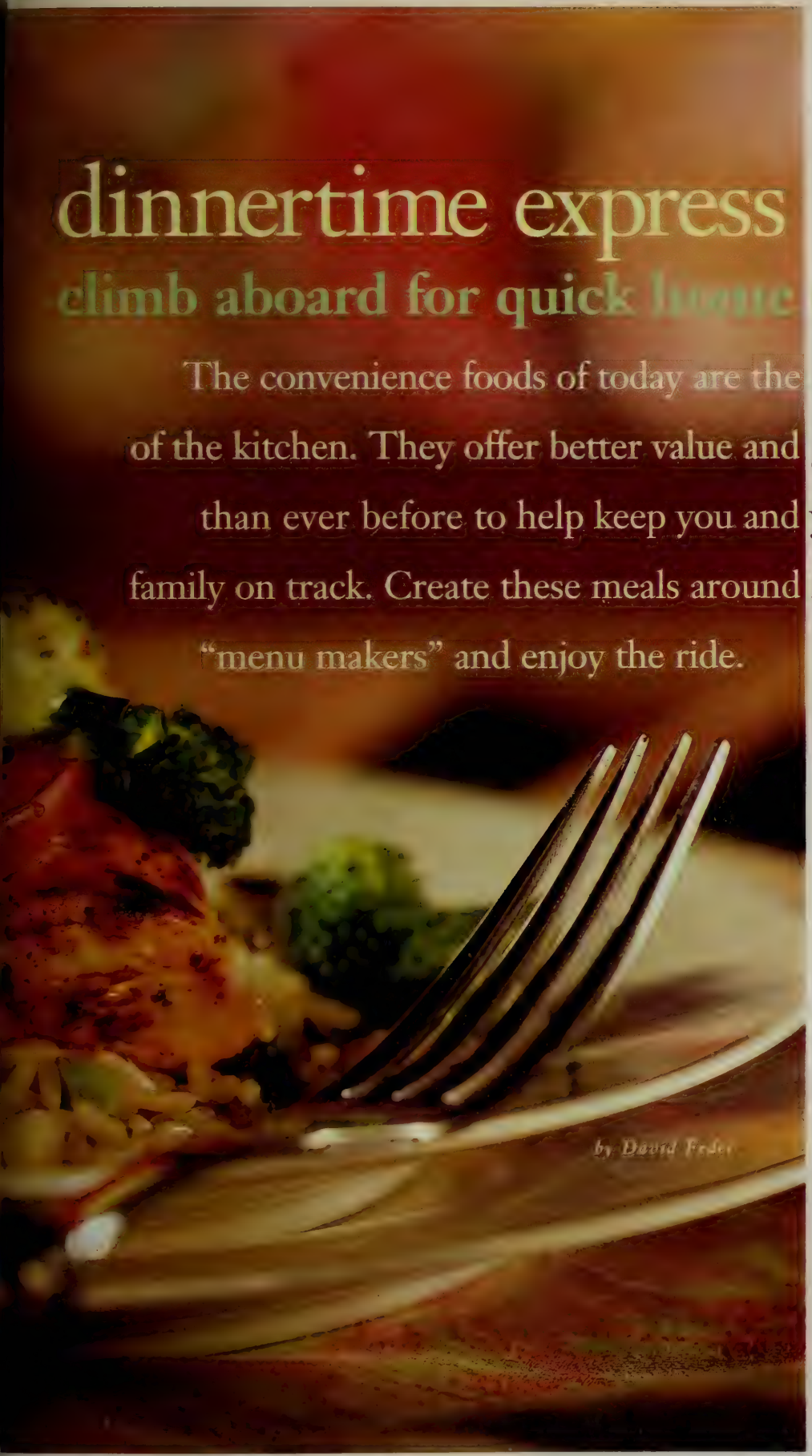
marinated chicken breasts with **mozzarella**

Recipe begins on page 194

dinnertime express

climb aboard for quick home cooking

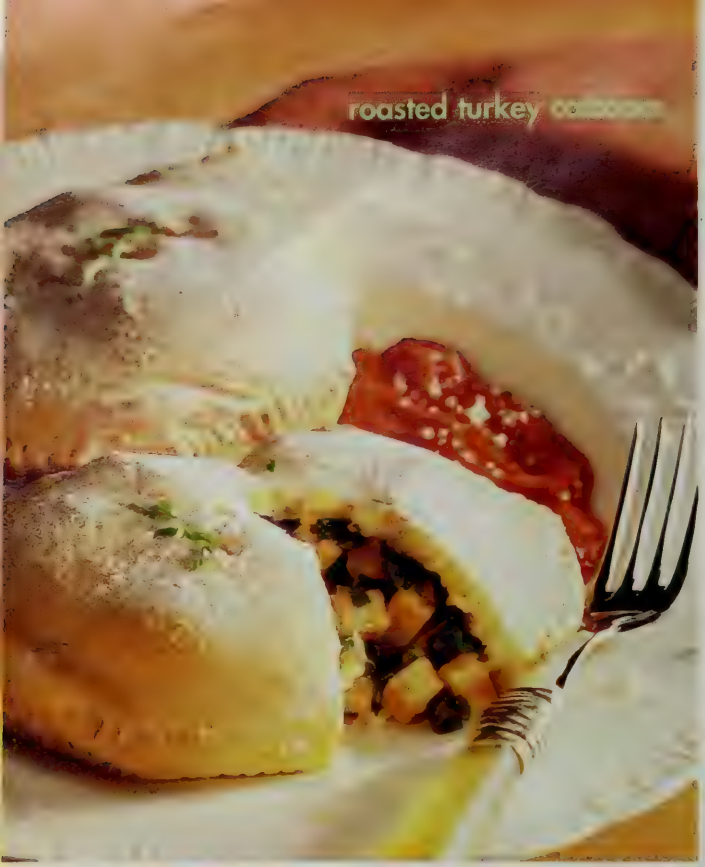
The convenience foods of today are the express trains of the kitchen. They offer better value and greater variety than ever before to help keep you and your busy family on track. Create these meals around ready-made "menu makers" and enjoy the ride.



Easy turns elegant. There are only five main ingredients in this beautiful Italian dinner, but you'd never know by looking at it. Best of all, you can have this dinner on the table in less than half an hour.

menu makers:

- marinated chicken breasts
- rice pilaf mix



roasted turkey calzones

Dig into pizza-parlor-fresh calzones without waiting for the dough to rise. You can use pepperoni or sausage instead of turkey, or skip the meat and replace with veggies.

menu makers:

- refrigerated pizza dough
- boneless oven-roasted turkey breast
- jarred pizza sauce



pasta and portobello mushroom salad

No chopping or cutting needed to toss together this healthful salad. Use packaged torn greens with handy pasta and vegetable mix.

menu makers:

- frozen pasta and vegetables
- packaged salad greens



dinnertime express

Stash one or more bottles of seasoned marinade in your pantry to dress up pork chops or other meats effortlessly.

menu makers:

- bottled marinade
- jarred roasted sweet red peppers



pork chops with **onion raisin chutney**

Recipes begin on page 194

dinnertime express

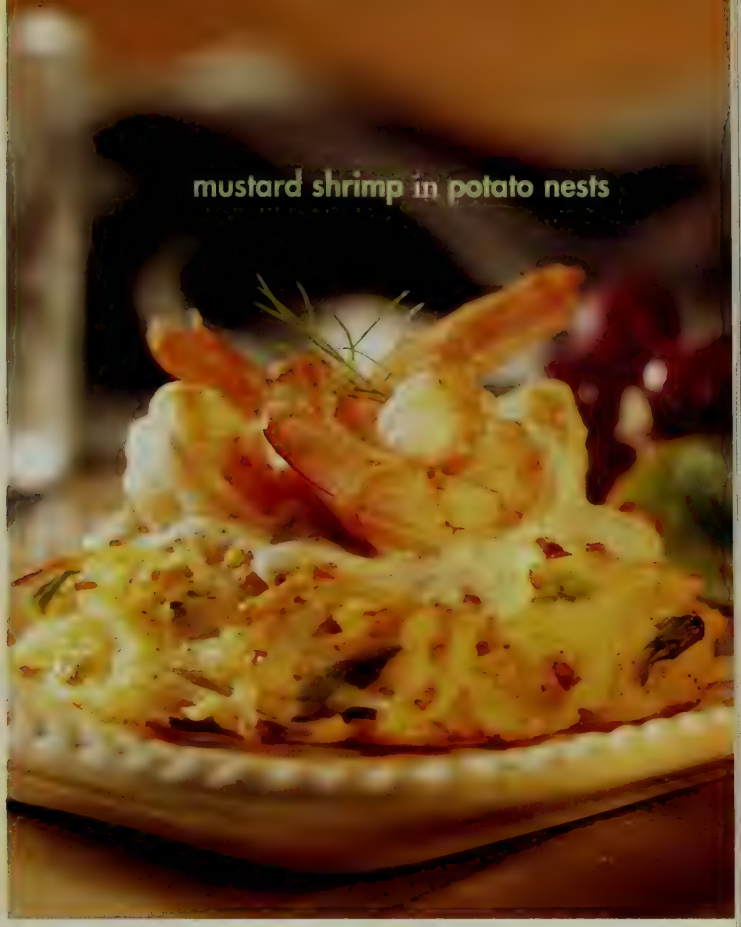
How long does it take to cook pasta? That's just about how long it will take you to create this bistro-quality dish.

menu makers:

- refrigerated pasta
- frozen mixed peppers and onions







mustard shrimp in potato nests

This easy entertainer makes impressive use of refrigerated shredded potatoes. Shave another minute or two off the time-table by substituting frozen, precooked baby shrimp for the uncooked shrimp.

menu makers:

- refrigerated shredded potatoes
- flavored mustard



smoked salmon pizza

Recipes begin on page 196

Here's a picture-perfect pizza for a quick snack or sit-down dinner, and it's faster than your local delivery service.

menu makers:

- prepared Italian bread shell
- presliced smoked salmon

dinnertime express

Potpies of the past were never like this: extra flaky puff pastry dough nestles rich beef and fresh zucchini in mushroom sauce.

menu makers:

- frozen puff pastry dough
- low-fat mushroom and wine gravy



beef and mushrooms in puff pastry



Ready-to-use polenta (cornmeal pudding) is a staple of Northern Italy, used as a side-dish, in main dishes, and even in desserts. We've dressed it for success in an appealing baked lamb and herb dish.

menu makers:

- refrigerated polenta
- feta cheese crumbles

When served with fresh fruit, this cross between a quiche and a French onion tart is just the thing for an enticing Sunday brunch.

menu makers:

- refrigerated piecrust
- refrigerated egg product



lamb and polenta bake



turkey sausage brunch pie

Recipes begin on page 198



stuffed whole wheat bread

You'll want to remember this rich and savory stuffed whole wheat bread for the holidays as a special appetizer.

menu makers:

- frozen bread dough
- flavored cream cheese
- bottled pesto



five-spice chicken

Recipes begin on page 202

dinnertime express

Pick up a roasted chicken and a jar of hoisin sauce on the way home from work—call it our version of the Orient Express.

menu makers:

- packaged ramen noodles
- deli-roasted chicken
- bottled hoisin sauce

Buying information, page 247

All things being



,



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Dinnertime Express

continued from page 192

TORTELLINI ALFREDO WITH ROASTED PEPPERS

Use a combination of regular and spinach tortellini for a more colorful dish.

- 1 9-oz. pkg. refrigerated meat- or cheese-filled tortellini
- 1 4-oz. jar roasted red sweet peppers
- ½ cup refrigerated light alfredo sauce
- ½ cup shredded fresh basil
- ¼ to ½ tsp. coarsely ground pepper

Prepare tortellini according to package directions; drain. Drain sweet peppers and cut into ½-inch-wide strips. In a large saucepan heat alfredo sauce and add cooked and drained tortellini; reduce heat and add sweet peppers. Let simmer for 5 minutes, stirring often.

Before serving, stir in half of the basil and top with ground pepper and remaining basil. Makes 3 main-dish servings.

Nutrition facts per serving: 362 cal., 12 g total fat (5 g sat. fat), 61 mg chol., 710 mg sodium, 50 g carbo., 1 g fiber, and 16 g pro. Daily Values: 19% vit. A, 113% vit. C, 13% calcium, and 14% iron.

MARINATED CHICKEN BREASTS WITH MOZZARELLA

If packaged, marinated chicken breasts aren't available, rinse fresh boneless chicken breasts and pat dry. Marinate, covered, in your favorite bottled marinade or vinaigrette dressing for 4 to 8 hours in the refrigerator.

- 1 6-oz. pkg. long grain and wild rice pilaf mix
- ¼ cup thinly sliced green onions
- ½ cup water
- 1 cup broccoli florets
- 2 tsp. olive oil
- 4 marinated chicken breast halves (about 1 lb. total)
- 1 medium tomato, halved and thinly sliced
- 2 slices part-skim mozzarella cheese, halved (3 oz.)

Prepare rice pilaf according to package directions, adding green onions the last 5 minutes of cooking. Meanwhile, in a saucepan bring the ½ cup water to boiling and add broccoli florets. Cook, covered, for 3 minutes or till crisp-tender; drain and set aside.

In a large, cast-iron skillet heat oil and cook chicken breasts over medium heat for 8 to 10 minutes or till no longer pink, turning once. Overlap the halved tomato slices on top of the chicken breasts. Spoon cooked broccoli florets on top of tomato slices and cover each with a half-slice of mozzarella.

Broil the chicken breasts 3 to 4 inches from the heat for 1 minute or till cheese is melted and bubbly. Serve on hot rice pilaf. Makes 4 main-dish servings.

Nutrition facts per serving: 377 cal., 12 g total fat (4 g sat. fat), 22 mg chol., 1,532 mg sodium, 38 g carbo., 2 g fiber, and 31 g pro. Daily Values: 14% vit. A, 60% vit. C, 16% calcium, and 8% iron.

ROASTED TURKEY CALZONES

Make a batch of these sandwiches to keep in the freezer for those days when overwhelmed is an understatement.

- 12 oz. oven-roasted turkey breast, chopped (about 2¼ cups)
- 2 cups chopped fresh spinach
- ½ of an 8-oz. pkg. shredded 4-cheese pizza cheese
- 1 8-oz. can pizza sauce
- 2 10-oz. pkg. refrigerated pizza dough
- Milk
- Grated Parmesan or Romano cheese (optional)

In a large mixing bowl combine turkey, spinach, the shredded pizza cheese, and ½ cup of the pizza sauce. On a lightly floured surface, roll one package of pizza dough out to a 12x10-inch rectangle. Cut into three 10x4-inch rectangles.

Place about ½ cup of the turkey mixture onto half of each rectangle to within about 1 inch of edge. Moisten edges of dough with water and fold over, forming a square. Pinch or press with a fork to seal edges. Prick tops of calzones with a fork; brush with milk and place on a greased baking sheet.

Repeat with remaining dough and turkey mixture. If desired, sprinkle top of each calzone with about ½ teaspoon grated Parmesan or Romano cheese. Bake calzones in a 375° oven about 18 minutes or till golden brown. Serve with remaining pizza sauce. Makes 6 calzones.

Nutrition facts per calzone: 344 cal., 10 g total fat (3 g sat. fat), 57 mg chol., 1,338 mg sodium, 41 g carbo., 2 g fiber, and 23 g pro. Daily Values: 23% vit. A, 24% vit. C, 13% calcium, and 23% iron.

Make-ahead directions: Prepare and bake as above. Cool, wrap, label, and chill overnight or freeze up to 3 months. To serve, thaw frozen calzones in refrigerator overnight. Unwrap and place on baking sheet. Bake, uncovered, in 350° oven for 15 to 18 minutes or till heated through.

CHEESE WITH CONVENIENCE

Check out the latest shredded-cheese combinations in your supermarket dairy case. You can count on them to be real time-savers. Not only do they come shredded and ready to use, but some combinations are already seasoned for faster family favorites. Tacos and nachos can be made lickety-split with a seasoned cheese blend and taco shells or chips. Other cheese combos make ideal pizza toppings or delicious toss-togethers with pasta and cooked vegetables.

continued on page 196


More "thank-yous" per serving than any other side dish.
KRAFT
Stove Top
CHICKEN
KRAFT
Stove Top
CHICKEN
Everything else is just stuff.

Dinnertime Express

continued from page 194

PASTA AND PORTOBELLO MUSHROOM SALAD

The delicate flavor and soft texture of fresh mozzarella is unmatched, but if it's not available, use smaller cubes of another mild white cheese.

- 1 16-oz. pkg. frozen herb-seasoned or Italian-style pasta and vegetable mix
- 3 Tbsp. olive oil
- 5 oz. portobello mushrooms, sliced (about 2 cups)
- ½ tsp. crushed red pepper
- 8 oz. fresh mozzarella cheese, cubed
- 3 Tbsp. balsamic vinegar or red wine vinegar
- 3 cups fresh torn mixed greens

Prepare pasta mix according to package directions. Transfer to a bowl; cover and chill. In a large, nonstick skillet heat 1 tablespoon of the oil; add mushrooms and red pepper. Cook and stir for 2 minutes. Toss together chilled pasta, mushroom mixture, cubed mozzarella, remaining oil, and the vinegar. Serve on a bed of torn mixed greens. Makes 4 main-dish or 6 side-dish servings.

Nutrition facts per serving: 400 cal., 27 g total fat (11 g sat. fat), 53 mg chol., 663 mg sodium, 24 g carbo., 5 g fiber, and 18 g pro. Daily Values: 44% vit. A, 26% vit. C, 29% calcium, and 14% iron.

PORK CHOPS WITH ONION RAISIN CHUTNEY

For faster preparation, use packaged marinated pork chops and omit the bottled marinade.

- 4 4-oz. boneless, center-cut pork loin chops (about ¾ inch thick)
- ½ of a 12-oz. bottle lemon-pepper or herb and garlic marinade
- 1 Tbsp. margarine or butter
- 1 medium onion, finely chopped (about ½ cup)
- ½ cup finely chopped red sweet pepper
- ¼ cup raisins
- ¼ tsp. ground cloves
- ¼ cup red wine vinegar
- 2 Tbsp. brown sugar
- 2 Tbsp. finely chopped toasted walnuts
- Fresh sage sprigs (optional)
- Steamed fresh green beans (optional)

Place the pork chops in a bag set in a bowl; add marinade. Seal bag and refrigerate for 4 to 24 hours, turning the bag occasionally. Drain chops, discarding marinade.

Grill pork chops on rack of an uncovered grill over medium-hot coals for 11 minutes or till juices are no longer pink, turning once.

Meanwhile, for chutney, in a medium skillet heat margarine or butter. Add onion, pepper, raisins, and cloves. Cook for 4 minutes or till onion is tender, stirring often. Add vinegar and sugar; reduce heat and simmer, uncovered, about 5 minutes or till liquid is nearly evaporated. Stir in nuts. Remove from heat; cover and let stand for 10 minutes.

Serve pork chops topped with some of the chutney. Garnish with sage sprigs and serve with steamed fresh green beans on the side, if desired. Pass remaining chutney. Makes 4 main-dish servings.

Nutrition facts per serving: 273 cal., 14 g total fat (5 g sat. fat), 59 mg chol., 1,270 mg sodium, 20 g carbo., 1 g fiber, and 18 g pro. Daily Values: 12% vit. A, 37% vit. C, 1% calcium, and 8% iron.

MAKE IT QUICK

Shrink meal preparation time by taking advantage of packaged fresh or frozen produce. Pick portobellos that already are sliced; snatch up spinach that's been cleaned and sorted; or reach for a bag of frozen chopped onions that won't have you crying at the kitchen sink.

FETTUCCINE WITH SWEET PEPPERS AND ONIONS

This fast Italian pasta dish is low in fat, high in protein, and packed with vitamins A and C.

- 12 oz. skinless, boneless chicken breasts
- ½ cup chicken broth
- 1 tsp. cornstarch
- 1 16-oz. pkg. frozen yellow, green, and red peppers, and onions (stir-fry vegetables)
- 1 9-oz. pkg. refrigerated fettuccine or linguine
- 1 Tbsp. olive oil
- 2 tsp. bottled minced garlic
- ¼ to ½ tsp. crushed red pepper
- ½ cup chopped tomatoes
- ¼ cup snipped fresh basil
- Romano cheese

Rinse chicken and pat dry with paper towels; cut into bite-size pieces and set aside. Stir together chicken broth and cornstarch; set aside.

Bring a large pot of salted water to boiling. Add frozen pepper mixture and pasta. Return to boiling and cook for 2 minutes or till pasta is just tender. Drain and return to saucepan. Toss with 1 teaspoon of the olive oil. Keep pasta warm.

Meanwhile, in a large skillet heat remaining olive oil over medium-high heat. Add chicken, garlic, and crushed red pepper. Cook for 2 to 3 minutes or till chicken is no longer pink, stirring often. Push chicken to sides of skillet. Stir cornstarch mixture and add to center of skillet. Cook and stir till thickened and bubbly. Stir all ingredients together to coat with sauce.

Remove chicken and sauce from heat; toss with cooked pasta mixture, tomatoes, and basil. Serve topped with curls of Romano cheese. Makes 4 main-dish servings.

Nutrition facts per serving: 389 cal., 9 g total fat (1 g sat. fat), 96 mg chol., 261 mg sodium, 46 g carbo., 1 g fiber, and 28 g pro. Daily Values: 83% vit. A, 67% vit. C, 9% calcium, and 12% iron.

continued on page 198



Blow the roof off your sandwich.



If your sandwich has become predictable, add some great-tasting Dole® Canned Pineapple. But before you do, you might want to warn your sandwich to hold on to its hat.





Hula Ham Sandwich

Drain 1 can (20 oz.) Dole Pineapple Slices. Slice 5 Kaiser rolls in half. Spread 4 tsp. Dijon mustard over bottom roll halves. **Layer** on each bottom: 1 lettuce leaf, 2 slices Swiss cheese, 4 oz. deli-sliced smoked ham, and 2 pineapple slices. Serves 5.

Savory Island Fajitas

Pour 1 can (6 oz.) Dole Pineapple Juice over 3/4 lb. flank or skirt steak in non-metallic dish. Cover; marinate 30 min. in refrigerator. Discard marinade. **Grill** or broil steak with 2 green, red, or yellow bell peppers, cut into strips, and 1 large red onion, sliced, 15 min. for medium steak or until vegetables are tender. Thinly slice steak. **Divide** steak, vegetables, and 1 cup shredded Monterey Jack cheese among 4 (8-inch) flour tortillas. Roll up. Serves 4.

Tropical Chicken Salad Sandwich

Drain 1 can (8 oz.) Dole Pineapple Chunks; stir with 1-1/2 cups chopped cooked chicken, 1/3 cup chopped celery, 1/3 cup mayonnaise, 1/4 cup toasted Dole Slivered Almonds, 2 tbsp. chopped green onion, and 1/2 tsp. garlic powder in bowl. Stir in 1 can (11oz.) Dole Mandarin Oranges, drained. **Line** 2 (7-inch) hard rolls, cut in half, with lettuce leaves. Spoon chicken salad on lettuce; top with roll half. Serves 4.

Hungry for more? Send a self-addressed stamped business envelope to: Dole Pineapple Recipes, P.O. Box 9042-L, Clinton, IA 52736-9042

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Dinnertime Express

continued from page 196

MUSTARD SHRIMP IN POTATO NESTS

Simple shredded potatoes hold succulent, dressed shrimp for an easy-to-make dish with an unexpected touch of class.

- 12 oz. fresh or frozen peeled and deveined medium shrimp with tails left on, if desired
- 2 Tbsp. olive oil
- ⅛ tsp. dried dillweed
- 1½ cups refrigerated shredded hash brown potatoes
- ¼ cup soft bread crumbs
- 2 Tbsp. thinly sliced green onion
- 1 slightly beaten egg
- 2 Tbsp. horseradish mustard
- 2 tsp. olive oil
- ½ tsp. bottled minced garlic
- ⅛ tsp. ground red pepper
- Nonstick spray coating
- 3 Tbsp. light mayonnaise dressing
- 1 Tbsp. dry white wine
- ½ tsp. dried dillweed
- Fresh dill sprigs (optional)

Thaw shrimp, if frozen, and toss with the 2 tablespoons olive oil and the ⅛ teaspoon dillweed; set aside.

In a large mixing bowl combine potatoes, soft bread crumbs, green onion, egg, 1 tablespoon of the horseradish mustard, the 2 teaspoons oil, garlic, and red pepper. Spray a baking sheet with nonstick coating.

For each potato nest, pat ⅓ cup of the potato mixture into a thick patty on the baking sheet. Depress the center of each patty with the back of a spoon, forming a nest shape about 4 inches in diameter.

Bake in a 425° oven for 10 minutes. Spoon shrimp filling in center and bake for 12 to 15 minutes more or till crust is golden and shrimp are cooked through. Remove from the oven; let stand for 5 minutes.

Meanwhile, in a small mixing bowl combine mayonnaise dressing, remaining mustard, wine, and the ½ teaspoon dillweed. Spoon sauce over each filled shell; top with fresh dill, if desired. Makes 5 main-dish servings.

Nutrition facts per serving: 219 cal., 12 g total fat (2 g sat. fat), 147 mg chol., 306 mg sodium, 13 g carbo., 1 g fiber, and 14 g pro. Daily Values: 6% vit. A, 83% vit. C, 2% calcium, and 14% iron.

SMOKED SALMON PIZZA

For a flavor variation, top this pizza with roasted garlic.

- 1 16-oz. Italian bread shell (Boboli)
- 2 medium tomatoes, very thinly sliced
- 3 oz. thinly sliced, smoked salmon (lox style)
- 4 oz. sliced provolone cheese
- ½ cup crumbled semisoft goat cheese (chèvre) or garlic-and-herb feta cheese
- Fresh marjoram sprigs (optional)

Place bread shell on a large baking sheet. Arrange tomato slices, then salmon and provolone on top. Sprinkle with goat cheese or feta. Bake in a 400° oven for 11 to 13 minutes or till heated through. Garnish with fresh marjoram sprigs, if desired. Cut into 6 to 8 wedges. Makes 6 to 8 main-dish servings.

Nutrition facts per serving: 358 cal., 16 g total fat (6 g sat. fat), 38 mg chol., 812 mg sodium, 35 g carbo., 2 g fiber, and 20 g pro. Daily Values: 10% vit. A, 13% vit. C, 20% calcium, and 13% iron.

BEEF AND MUSHROOMS IN PUFF PASTRY

Top pies with grated cheese just before serving, if desired.

- ½ of a 17¼-oz. pkg. frozen puff pastry (1 sheet)
- Nonstick spray coating
- 2 cloves garlic, minced
- 1 medium red onion, cut in bite-size pieces
- 2 small zucchini, halved lengthwise and thinly sliced (about 2 cups)
- 12 oz. boneless beef sirloin steak, cut into ½-inch cubes
- 1 12-oz. jar nonfat mushroom-and-wine or mushroom gravy
- 1 Tbsp. snipped fresh marjoram or thyme or 1 tsp. dried marjoram or thyme, crushed
- ¼ tsp. pepper

Thaw pastry according to package directions. On a lightly floured surface, roll puff pastry sheet to a 14-inch square. Cut into 4 equal squares. Invert four 10-ounce casserole cups onto a large baking sheet; spray outsides of cups with nonstick spray coating.



Use crumpled aluminum foil to raise the casserole dishes off the baking sheet and make a deeper pastry shell.

Drape pastry squares over inverted cups, pinching sides to fit around the cups. (See photo, *above.*)

Bake pastry squares in a 375° oven for 20 minutes or till golden brown. Remove from oven and let cool for several minutes, then carefully pull the shells from the outsides of the casserole cups. Invert shells onto individual plates.

Spray a large nonstick skillet with nonstick coating. Stir-fry garlic for 15 seconds, then add onion and stir-fry 1 minute more. Add the zucchini; cook for 2 to 3 minutes more or till vegetables are crisp-tender.

Remove the vegetables and add the beef to the skillet. Stir-fry for 3 to 4 minutes or to desired doneness. Return vegetables to the skillet.

continued on page 200


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Dinnertime Express

continued from page 198

Add the gravy, marjoram or thyme, and pepper; cook and stir about 1 minute more or till heated through. Carefully spoon one fourth of the hot beef and vegetable mixture into each baked pastry shell. Makes 4 main-dish servings.

Nutrition facts per serving: 450 cal., 27 g total fat (3 g sat. fat), 57 mg chol., 699 mg sodium, 30 g carbo., 1 g fiber, and 22 g pro. Daily Values: 1% vit. A, 6% vit. C, 1% calcium, and 16% iron.

LAMB AND POLENTA BAKE

Assemble and refrigerate these Mediterranean-style casseroles on one night and pop them in the oven when you come home from work the next day.

- 12 oz. ground lamb
- 1 medium onion, chopped
- 1 small fennel bulb, chopped (about 1½ cups)
- 4 cloves garlic, minced
- 1 Tbsp. snipped fresh oregano or 1 tsp. dried oregano, crushed
- ½ tsp. coarsely ground pepper
- 1 14½-oz. can Italian-style tomatoes, cut up
- 1 16-oz. pkg. cooked polenta
- 1 cup crumbled feta or herbed feta cheese (4 oz.)
- 1 cup Italian-style tomato sauce
- 2 Tbsp. snipped Italian parsley
- Cherry tomato quarters (optional)
- Fresh parsley (optional)

In a large skillet, brown lamb with onion, fennel, garlic, oregano, and pepper; drain. Return to pan; add tomatoes. Bring to boiling. Reduce heat and simmer, uncovered, for 10 to 15 minutes, stirring occasionally, till most of the liquid is evaporated.

Meanwhile, slice the polenta about ½ inch thick; press or crumble half of the slices into the bottoms of four 10- to 12-ounce greased individual casseroles or soufflé dishes, overlapping slices as necessary.

Divide the lamb mixture among the casseroles, atop the polenta. Press firmly. Sprinkle cheese over lamb mixture, reserving ¼ cup of the cheese for garnish. Firmly press or crumble remaining polenta on top.

Bake in a 375° oven about 30 minutes or till completely heated through. Let stand 10 minutes. Meanwhile, in a small saucepan heat Italian-style tomato sauce through just till boiling.

Loosen edges of casseroles and invert onto serving plates, gently removing dish. Spoon sauce around casserole. Sprinkle remaining cheese on top. Garnish with cherry tomato quarters and parsley sprigs, if desired. Makes 4 main-dish servings.

Nutrition facts per serving: 414 cal., 18 g total fat (9 g sat. fat), 82 mg chol., 1,551 mg sodium, 39 g carbo., 13 g fiber, and 24 g pro. Daily Values: 19% vit. A, 43% vit. C, 17% calcium, and 15% iron.

Make-ahead directions: Cover and chill or freeze prepared, unbaked casseroles in dishes. Thaw frozen casseroles completely in refrigerator.

Bake, covered with foil, in a 350° oven for 45 to 50 minutes or till heated through, uncovering the last 10 minutes of baking. Let stand 10 minutes before loosening edges and inverting onto plates. Serve as above.

TURKEY SAUSAGE BRUNCH PIE

You can experiment with different types of sausage for a greater variety of flavors.

- ½ of a 15-oz. pkg. folded refrigerated unbaked piecrust (1 crust)
- 2 medium onions, cut into eighths and thinly sliced
- ⅛ tsp. coarsely ground pepper
- 1 Tbsp. margarine or butter
- 1 8-oz. carton refrigerated or frozen egg product, thawed
- ¾ cup milk
- ¼ tsp. dried Italian seasoning, crushed
- 8 oz. cooked, smoked lean turkey sausage, halved lengthwise and thinly sliced
- ½ cup shredded cheddar cheese (½ of a 4-oz. pkg.)
- 1 tsp. all-purpose flour
- Assorted cut fresh fruit (optional)

Prepare the piecrust in a 9-inch pie plate according to package directions; line with a double thickness of foil. Bake in a 450° oven for 8 minutes. Remove foil. Bake for 4 to 5 minutes more or till edges are golden. Remove from oven. Reduce oven temperature to 325°.

Meanwhile, cook onion and ground pepper in margarine or butter till onion is tender; set aside. In a large mixing bowl combine egg product, milk, and Italian seasoning. Stir in sausage and onion mixture. Toss together shredded cheese and flour; stir into the egg mixture Spoon mixture into piecrust.

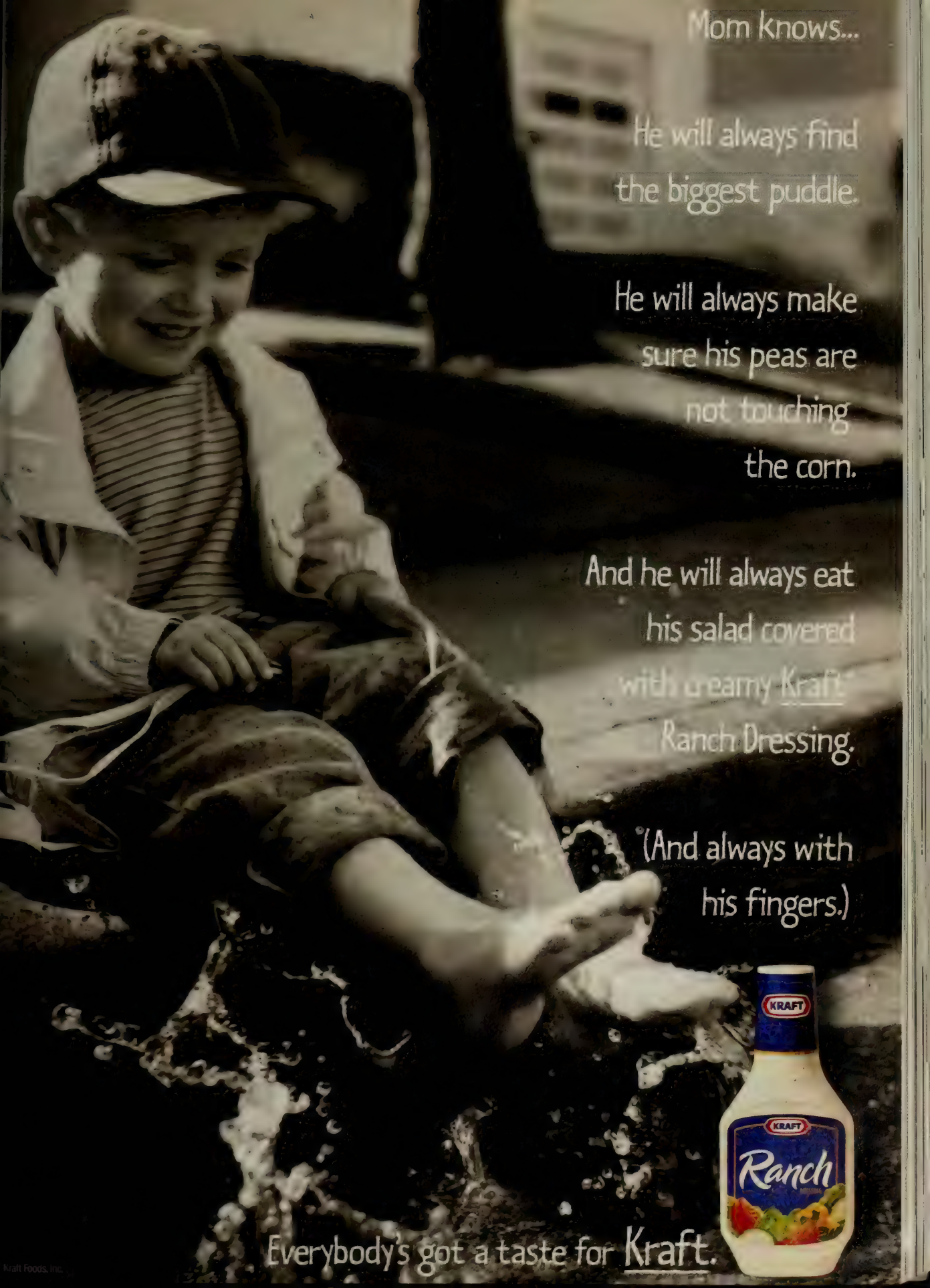
Bake in the 325° oven for 30 to 35 minutes or till a knife inserted near the center comes out clean. If necessary, cover edge of crust with foil to prevent overbrowning. Let pie stand 10 minutes before cutting into 6 wedges. Makes 6 main-dish servings.

Nutrition facts per serving: 319 cal., 19 g total fat (4 g sat. fat), 59 mg chol., 643 mg sodium, 21 g carbo., 0 g fiber, and 16 g pro. Daily Values: 15% vit. A, 35% vit. C, 13% calcium, and 11% iron.

THE SAUSAGE LINK

If you crave the flavor of sausage but are watching your calorie intake, you can substitute low-fat turkey sausage for pork sausage. One ounce of low-fat turkey sausage typically contains about 57 calories and 4 grams of total fat (1 gram of saturated fat) compared to one ounce of pork sausage which has about 96 calories and 8 grams of total fat (3 grams of saturated fat).

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Kraft Foods, Inc.

Dinnertime Express

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STUFFED WHOLE WHEAT BREAD

Thaw dough and prepare and chill the filling the night before. The next day you'll need only to fill and shape the bread before popping it in the oven.

- 1 Tbsp. olive oil or cooking oil
- 12 oz. ground raw chicken breast or ground raw chicken
- ⅓ cup chopped fennel
- ¼ cup chopped onion
- 1 8-oz. tub cream cheese with chive and onion
- ½ of a 10-oz. pkg. frozen chopped spinach, thawed and drained
- ⅓ cup refrigerated pesto sauce
- ¼ cup fine dry bread crumbs
- 1 16-oz. loaf frozen whole wheat bread dough, thawed
- 2 tsp. margarine or butter, melted

For filling, in a large skillet heat oil; cook chicken with fennel and onion till chicken is brown and vegetables are tender. Remove from heat; stir in cream cheese, spinach, pesto, and bread crumbs.

On a lightly floured surface, roll dough into a 12x9-inch rectangle. Carefully transfer to a lightly greased baking sheet. Spread filling lengthwise in a 3-inch-wide strip down the center of the rectangle to within 1 inch of the ends. Along both sides make 3-inch cuts from the edges toward the center at 1-inch intervals.

Moisten end of each cut strip with water. Starting at one end, alternately fold opposite strips of dough at an angle across filling, sealing ends in center. (See photo, *above right.*) Cover and let rise in a warm place till nearly double, about 30 minutes.

Bake in a 350° oven for 25 minutes or till golden brown. Brush [illegible] with melted margarine or butter. Cool slightly before cutting. Makes 10 main-dish or 14 side-dish servings.

Nutrition facts per serving: 325 cal., 18 g total fat (5 g sat. fat), 43 mg chol., 447 mg sodium, 28 g carbo., 3 g fiber, and 15 g pro. Daily Values: 13% vit. A, 2% vit. C, 3% calcium, and 3% iron.



When "braiding" the bread dough over the filling, slightly press the moistened ends together in the center to seal.

FIVE-SPICE CHICKEN

The skin of this chicken should have a dark, lacquered look and give off a rich, spicy aroma.

- ⅓ cup bottled hoisin sauce*
- 1 to 1½ tsp. five-spice powder*
- Orange juice
- 1 1½- to 2-lb. purchased roasted chicken, warm
- 2 3-oz. pkgs. ramen noodles
- Red chili peppers, sliced (optional)
- Steamed pea pods (optional)
- Orange slices (optional)

In a small bowl stir together the hoisin sauce, five-spice powder, and enough orange juice (1 to 2 tablespoons) to thin mixture for brushing. Brush about half of the mixture over entire chicken. Place chicken on a rack in a shallow roasting pan.

Bake warm chicken, uncovered, in a 400° oven for 15 to 18 minutes, or till heated through and glazed. Stir 1 to 2 tablespoons additional orange juice into remaining hoisin mixture till of drizzling consistency. Place in a small saucepan; heat through.

Remove seasoning packet from ramen noodles; discard or reserve for another use. Cook and drain noodles according to package directions.

To serve, carve the chicken. Arrange some of the chicken slices and ramen noodles on each dinner plate. Spoon half of the sauce over the chicken; pass the remaining sauce. Garnish each serving with chili peppers, if desired. Serve with pea pods and orange slices, if desired. Makes 4 main-dish servings.

Nutrition facts per serving: 317 cal., 16 g total fat (4 g sat. fat), 125 mg chol., 926 mg sodium, 20 g carbo., 1 g fiber, and 24 g pro. Daily Values: 4% vit. A, 6% vit. C, 0% calcium, and 7% iron.

**Note:* Hoisin sauce is a thick, soy-based sweet and spicy sauce that's used in Oriental cooking. Look for it in large supermarkets or Asian specialty stores.

You can also find the five-spice seasoning in Asian specialty stores or most supermarkets. Or, to prepare your own, in a spice grinder or blender combine 3 tablespoons ground cinnamon, 6 star anise or 2 teaspoons aniseed, 1½ teaspoons fennel seed, 1½ teaspoons whole Szechuan peppers or whole black peppers, and ¾ teaspoon ground cloves. Cover and blend spices to a fine powder. Store in a tightly covered container for up to 2 months. Makes about ¼ cup.

PICK A PASTA

Stash refrigerated pasta products in the fridge for those days when you need a swift supper. Toss the pasta of your choice with snipped fresh basil, garlic butter, and shaved Parmesan or Romano cheese.

Or, mix and match varieties of fresh pasta with purchased sauces. Some fun combos to try: chicken ravioli with alfredo sauce, tomato and herb linguine with red bell pepper sauce, and spinach tagliatelle with a garlic herb butter.

You'll find pastas to suit just about any occasion and palate. Tortellini and ravioli stuffed with meat or cheese, or even trendier flavors such as gorgonzola cheese and walnuts or prosciutto and herbs.

Bush's newest Secret Family Recipe has a bold, spicy, tangy, zippy, zesty twist.

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Our secret family recipe is baked into every bean.℠

Each month in this column, you'll find tips from other good cooks. See "Be a Clever Cook" (*right*) to find out how you can earn money for sharing your cooking secrets with us.

Cobbler Topping

For a quick cobbler topping, knead about ¼ cup flour into a 20-ounce package of refrigerated cookie dough. Roll out on a floured board, cut into squares or shapes, and carefully spoon onto a hot fruit filling. Bake as usual for a sweet, crispy topping.

Claudia Wendel, Fresno, Calif

Sauce for Mini Pizza

Freeze leftover pizza sauce or spaghetti sauce in ice cube trays. For a hot lunch or quick dinner, pop out however many cubes you need. Thaw and heat the frozen cubes in a microwave oven; spread sauce on an English muffin, and top with cheese for a quick mini pizza.

Debbie Lokanc, San Diego, Calif.

Leftover Pie Dough

Let children make appetizers with leftover piecrust dough. Roll one-fourth of pastry for a single crust to an 8x7-inch rectangle. Sprinkle with ¼ cup finely shredded cheddar cheese and 1 tablespoon cooked bacon pieces. Roll up from long side; moisten edges with water to seal. Cut into eight 1-inch slices. Place slices on baking sheet sprayed with nonstick spray coating. Bake in 425° oven for 10 minutes. Serve warm.

Gina Leggio, Sherman Oaks, Calif.

Freeze Juice from Roasts

Drain juice from roast beef or pork; chill. The next day, remove fat from top. Freeze juices for later use in soups. Add frozen block of juice for great flavor with no extra fat.

Ellen Hughes, Washington, Pa.

BE A CLEVER COOK

The food editors of *Better Homes and Gardens*® magazine invite you to send us your niftiest kitchen tips. We're looking for original ideas that make cooking easier, more healthful, or more rewarding for you and your family. We will pay $25 for each published tip. Please send tips to: The Clever Cook, BH&G Food Department, 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited for space. All letters become the property of *Better Homes and Gardens* magazine.

food

A Clean Break with Soda

Great-grandmother didn't clean compact disks with baking soda, but you can. She did use it to scrub the house top to bottom, and today, even with plenty of manufactured specialty cleaners touting improved formulas, baking soda still shines.

Cleaning compact disks is just one new job for the little box of sodium bicarbonate. Soda is popular today because its tiny crystals dissolve easily and leave no residue. Just follow these easy directions.

Polishing paste: In a jar, mix equal parts of baking soda and warm water. Use the paste to clean tarnished silverware, bathtubs, stainless-steel sinks, and toilets. (Do not use soda on aluminum surfaces because the metal will react and turn black.) To store, cover with plastic wrap.

Liquid cleaner: In a squirt bottle or plastic container with a tight lid, mix 2 tablespoons of baking soda with 1 pint of warm water. Use this solution to mop vinyl floors, clean compact disks, or wash windows.

Sponging: Sprinkle baking soda onto a damp sponge. Wipe scuffs, stains, or crayon marks from painted walls, laminated countertops, tile surfaces, and appliances, such as the microwave oven, stove top, and refrigerator. Dry with a clean cloth.

Carpet deodorizer: Put baking soda into a sprinkle-top container. To test colorfastness, sprinkle a small amount directly onto carpet or upholstery in an out-of-sight spot. Let stand for 15 minutes before vacuuming or brushing off. Once you know the fabric is colorfast, shake soda onto the affected areas.

Air freshener: After you've cleaned, use baking soda as a natural deodorizer. Leave an open box in your refrigerator, clothes hamper, or closet. Change it every few months for maximum benefit.

A final note: Do not mix baking soda in cleaning solutions with acids, such as vinegar or lemon juice, because they will neutralize the soda and diminish its cleaning ability. ♦

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A few years ago, the only widely available banana was the traditional yellow variety known as a "Cavendish." Today, plantains, red Jamaican bananas, fingerlings, and the square and chunky churros, burros, and manzanas are found in the produce section of many supermarkets year-round.



Yes, We Have Bananas

by David Feder

Red Banana Chicken

Red Jamaican bananas, red Jamaican beer—all you need now is a red sunset over Montego Bay.

- 2½ to 3 lb. meaty chicken pieces
- 1 Tbsp. cooking oil
- 2 large onions, sliced and separated into rings
- 1 12-oz. bottle red beer*
- 2 Tbsp. brown sugar
- ¼ to ½ tsp. ground red pepper
- ¼ tsp. salt
- 5 medium red bananas or unripe Cavendish bananas, bias-sliced into ¾-inch-thick pieces
- 1 Tbsp. cornstarch

Rinse chicken; pat dry. In a 12-inch skillet heat oil; add chicken. Cook, uncovered, over medium heat for 10 minutes. Turn chicken; add onion and cook 5 minutes more or till chicken and onion are lightly browned. Drain off fat. Carefully add 1¼ cups of the beer, brown sugar, red pepper, and salt.

Bring to boiling; reduce heat. Simmer, covered, for 15 minutes. Uncover; add bananas and cook for 12 minutes more or till chicken is cooked through.

Using a slotted spoon remove chicken, onions, and bananas to a platter; cover to keep warm. Measure remaining liquid and, if necessary, add water to measure 1 cup.

Return chicken mixture to skillet. Combine remaining ¼ cup beer and cornstarch; add to skillet. Cook and stir over medium heat till thickened and bubbly; cook for 1 to 2 minutes more. Serve chicken and sauce over hot rice, if desired. Makes 6 servings.

Nutrition facts per serving: 390 cal., 14 g total fat (4 g sat. fat), 86 mg chol., 175 mg sodium, 35 g carbo., 3 g fiber, and 28 g pro. Daily Values: 4% vit. A, 18% vit. C, 2% calcium, and 11% iron.

**Note:* Red beer adds a distinctive malty taste and rich color to the sauce, but any beer will work well in this recipe.

continued on page 208

Canned fruit for dessert?
Ohhh, time to break out the good china.



ce upon a time canned fruit was thought of as something to serve when you weren't having guests over for ner. Not so anymore. Today canned fruit is being used in gourmet recipes that are elegant and delicious. like this nbow sorbet. made by simply freezing cans of fruit. It's nutritious. it's quick. and it's worthy of your finest china.

What's in a can will surprise you.

Ten-Minute Rainbow Sorbet

an (16 oz.) sliced or halved aches in heavy syrup

ablespoons lemon juice

eze unopened can of peaches until d, about 18 hours. Submerge can in hot ter 1 to 2 minutes. Open and pour up into processor bowl. Place fruit on cutting surface and cut into chunks. Add to bowl and puree until smooth. Add lemon juice and process until blended thoroughly. Serve immediately or cover and freeze until ready to serve, up to 8 hours. Makes approximately 1.5 cups. Substitute other canned fruits to create a variety of flavors.

For more canned food recipes, write to:

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Bananas

continued from page 206

Their insides range in color from creamy yellow to salmon pink, and they boast flavors and fragrances hinting variously of lemon, apple, pineapple, and honey. Whether you cook with bananas, bake with them, or simply eat them plain, they are nutritious and always enjoyable.









GET TO KNOW YOUR BANANAS

Plantains

These giants are salmon pink inside and have a flowery aroma and flavor. Plantains—a favorite ingredient in African and Caribbean cuisine—are usually fried or simmered. Use them when the skin is green or yellow going to brown (some varieties of plantain never turn yellow). The riper you let them get, the sweeter they will be. Plantains can be eaten uncooked when the skin has turned black.

Burro Bananas

These square bananas have a lemony flavor and are thick-skinned on the outside, creamy yellow on the inside. Burro bananas are ripe when they have brown patches. They can be eaten even after the skin turns completely brown. Churros are similar but slightly smaller; manzanas are large.

Red Bananas

A newly popular import, red bananas can be eaten raw or cooked, but you should wait till the skin is turning dark and the flesh is slightly soft if you are not cooking them. Red bananas hail mostly from Jamaica and are orange-pink inside with an aroma reminiscent of honey.

Finger Bananas

Finger bananas are available in many varieties, in colors from red to gold to bright yellow. These sweeter members of the banana family are an instant hit with kids. Finger bananas have thin skins, and their aroma is strong and sweet. They are ready to eat when the skin starts to turn brown.

Try a Banana Smoothie

Banana fruit smoothies are delectable, healthful, and incredibly fast to make. In a blender container, combine one cup of well-chilled fruit juice with a half-cup of fresh or frozen strawberries, a cup of plain or vanilla nonfat yogurt, and one large banana. Blend till smooth, and pour into a tall chilled glass. Other fruits easily substitute for the strawberries; try seedless grapes, mango slices, papaya chunks, or any low-acid fruit.

Enjoy vitamin and mineral-packed banana smoothies as a take-along breakfast, a two-minute lunch, or mid-afternoon snack. One 12-ounce glass has less than 200 calories and only about 2 g fat.

Cooking with Bananas

There are over 100 kinds of bananas in the world. Cavendish (the standard, yellow banana so familiar to us) and finger bananas are bred for handheld snacking. But some bananas actually taste better when cooked.

Cooking varieties, such as the plantain and churro banana, have a higher starch content and hold up better when subjected to high-heat cooking, such as frying, stir-frying, and stewing. If you are cooking with Cavendish or finger bananas, use them only while they are still fairly green. Cook plantains and other varieties at any stage of ripeness before they turn soft.

Plantains, churros, red bananas, and other hardy varietal bananas last longer than yellow Cavendish bananas and can be kept for up to 10 days or more in the refrigerator once they have begun to ripen.

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GRECIAN SKILLET RIBEYES – 25 MINUTES

- 2 beef ribeye steaks, cut 1" thick
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 4 whole pita pocket breads, warmed
- 2 tablespoons crumbled feta cheese
- 1 tablespoon chopped ripe olives

Seasoning:

- 1½ teaspoons garlic powder
- 1½ teaspoons dried basil leaves
- 1½ teaspoons dried oregano leaves

1. Combine seasoning ingredients, ½ teaspoon salt and ⅛ teaspoon pepper; press into both sides of beef steaks. In large nonstick skillet, heat oil over medium heat until hot. Add steaks; cook 12 to 15 minutes for medium rare to medium doneness, turning once. Sprinkle with lemon juice.
2. To serve, carve steaks into thin slices; arrange equal amounts on top of each pita. Sprinkle with cheese and olives. Serve immediately. Makes 4 servings.

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Favorites Forever

by Richard Swearinger

For almost 50 years this recipe for Green Relish has been working culinary miracles for Alice Spencer. "It peps up a winter fresh vegetable salad, it revives yesterday's roast, and it vanishes at potluck suppers," the Silver Spring, Maryland, resident wrote in response to our call for readers' favorite recipes.

We bring it back just in time to take advantage of the end-of-the-season tomatoes from home gardens and farmer's markets. One of the enduring appeals of the relish is the combination of green tomatoes and cabbage, which gives it a down-home tang delicious at any time of year.

The recipe has only been changed slightly since it was introduced in the August 1948 issue of *Better Homes and Gardens*® magazine. We've cut the recipe by three-quarters to yield a more usable amount for today's smaller families who lack grandmother's huge pots and kettles. We have also made it crisper by using a food processor instead of the food grinder called for in the original.

Green Relish

Try it at your next barbecue, or put it away to give as holiday gifts.

- 6 medium (about 2 lb.) green tomatoes, cored and cut up (about 4 cups chopped)
- ½ lb. cabbage, cored and cut up (about 3 cups chopped)
- 3 medium green sweet peppers, seeded and cut up (about 2¼ cups chopped)
- 2 medium red sweet peppers, seeded and cut up (about 1½ cups chopped)
- 1 large onion, cut up (about 1 cup chopped)
- 2 Tbsp. pickling salt
- 1¼ cups sugar
- 2 tsp. mustard seed
- 1 tsp. celery seed
- ½ tsp. ground turmeric
- 1¼ cups cider vinegar
- ½ cup water

Use a food processor to finely chop green tomatoes, cabbage, green and red sweet peppers, and onion a portion at a time, using several on/off turns of the processor. (Or, finely chop by hand.) Place vegetables in a large bowl. Sprinkle with the 2 tablespoons pickling salt; stir well. Cover and chill overnight. Rinse well in colander under running water; drain.

In a large pot stir together sugar, mustard seed, celery seed, and turmeric. Stir in vinegar and water. Bring to boiling, stirring to dissolve sugar. Stir in vegetables. Return mixture to boiling, stirring frequently. Remove from heat. Ladle hot relish into hot, sterilized half-pint or pint canning jars, leaving a ½-inch headspace. Wipe jar rims and adjust lids. Process in boiling water canner for 5 minutes for half-pints or 10 minutes for pints (start timing when water begins to boil). Makes 6 to 7 half-pints or 3 to 4 pints.

Nutrition facts per tablespoon: 15 cal., 0 g total fat, 0 mg chol., 68 mg sodium, 4 g carbo., 0 g fiber, 0 g pro. Daily Values: 2% vit. A, 13% vit. C, 0% calcium, 0% iron.


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Jelly Belly® Peanut Butter Cups

- 1 6-oz. package semisweet chocolate chips
- 2/3 cup sweetened condensed milk
- 1/2 cup miniature marshmallows
- 1/4 cup peanut butter
- 1 teaspoon vanilla
- 1/2 cup chopped peanuts
- 1/2 cup Peanut Butter Jelly Belly® Jelly Beans

Melt chocolate in top of double boiler with condensed milk and marshmallows. Stir until smooth. Remove from heat. Stir in peanut butter, vanilla, peanuts and Jelly Belly® Jelly Beans. Spoon into small fluted candy cups. Cool or chill until firm.

Caramel Kellogg's® Rice Krispies® Treats

Prep: 15 minutes

- 3 tablespoons margarine
- 1 package (10-oz., about 40) regular marshmallows or 4 cups miniature marshmallows
- 1/2 cup caramel ice cream topping, unheated
- 6 cups Kellogg's Rice Krispies® cereal
- Nonstick cooking spray

In large saucepan, melt margarine over low heat. Add marshmallows and stir until completely melted. Remove from heat. Add caramel topping, stirring until well combined. Add Kellogg's Rice Krispies® cereal. Stir until well coated.

Coat a 13x9x2-inch pan with nonstick cooking spray. Using buttered spatula or waxed paper, press mixture evenly into pan. When cool, cut into 2-inch squares. Makes 24 squares.

Note: Do not use fat-free caramel topping.

Microwave Directions: In a large microwave-safe mixing bowl, microwave margarine and marshmallows at HIGH 2 minutes. Stir to combine. Microwave at HIGH 1 minute longer. Stir until smooth. Add caramel topping, stirring until well combined. Add cereal. Stir until well coated. Press into pan as directed above.

Knorr® 2-Step Tomato Onion Pork Chops

Prep: 30 minutes

- 1 tablespoon Mazola® corn oil
- 4 center-cut pork chops (about 1/2 inch thick)*
- 1 medium onion, chopped
- 1 cup water
- 1 package Knorr® Tomato Basil Soup and Recipe Mix
- 1/4 cup brown sugar
- 4 teaspoons Worcestershire sauce

In a large skillet, heat corn oil over medium-high heat; add chops and onion and brown, turning occasionally, about 5 minutes. Remove chops; set aside.

Add remaining ingredients, stirring constantly; bring to a boil. Return chops to skillet. Reduce heat; cover and simmer 20 minutes or until tender. Spoon sauce over pork chops. Makes 4 servings.

*Or use 4 boneless, skinless chicken breast halves.

If you have comments or questions, call Knorr® at 1-800-338-8831.

Morton's Seafood Kabob

- 18 medium shrimp or sea scallops or 2 halibut fillets, cubed*
- 1/2 medium zucchini, sliced**
- 1/2 medium yellow squash, sliced**
- 12 cherry tomatoes
- 1/2 medium sweet red pepper, cut into 2-inch wedges
- 1 large onion, cut into cubes
- 12 whole mushrooms

- 1/2 cup vegetable or olive oil
- 1/4 cup wine vinegar
- 1 tablespoon Dijon-style mustard
- 2 teaspoons Nature's Seasons® seasoning blend
- 1 teaspoon Morton® Garlic Salt

Place seafood and vegetable pieces alternately on six 9-inch metal skewers. Set kabobs in glass baking dish. In medium b combine all the marinade ingr ents. Pour marinade over kab cover. Marinate in refrigerato minutes. Remove kabobs f marinade; reserve marin Place kabobs in shallow bal pan. Bake, uncovered, in 350° for 8 minutes; baste with reser marinade. Continue baking fo additional 8 minutes or until d Discard any remaining marina

Serve seafood kabob over le rice, if desired. Makes 6 servi

*Chicken Kabob Variation: 1 lb. skinless, boneless chicken, cut into 2-inch cubes, may be substituted seafood pieces. Proceed as ab for remaining recipe.

**1/2 medium sweet green yellow peppers may be substitu

Serve over parsley rice, if desi

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One Annual Grand Prize:
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Monthly Prizes:
Two $400 winners, Two $200 winners, Ten $50 honor rolls

April 1998 Categories

Using Your Noodle: Think spring and create a pasta idea to usher in the season. Pick your favorite pasta shape using dry noodles or fresh or frozen versions. Create a salad, soup, stir-fry, or side dish, but keep it light and lively.

Breads That Are Quick: Busy bakers have no time to loaf around, so put together a quick bread recipe—no yeast allowed—that stands out from the crowd. We want to hear about your special version.

This Month's Winners—Pages 217 and 218

$400 Winners: Nancy Bruce, Florence, Ore.; Betty A. Powell, Leesburg, Va.

$200 Winners: Kimberly Durkovic, Jefferson, Ohio; Maral Mahdasian, Newton, Mass.

$50 Honor Roll Winners: Amy Barone, Oakdale, N.Y.; Constance M. Beckwith, North Franklin, Conn.; Nancy Blumenthaler, Copley, Ohio; Tracy L. Concannon, Indianapolis, Ind.; Molly Evert, Downers Grove, Ill.; Elsie B. McDonald, Carmel Valley, Calif.; Michelle Robison, Glendale, Ariz.; Billie Taylor, Wytheville, Va.; D. Thorley, Scottsdale, Ariz.; Kelly Thornberry, La Porte, Ind.

Contest Rules: 1. The contest is open to U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and their immediate families. 2. With each entry, clearly print or type your name, address, phone number, and recipe marked "April Using Your Noodle" or "April Breads That Are Quick." Specify brands and recipe origin. 3. Address recipes to 9804 Food Department, *Better Homes and Gardens®*, Des Moines, IA 50309-3023. 4. Entries must be postmarked by September 25, 1997, and received by September 30, 1997. 5. Monthly winners will be selected about 60 days later, then notified by mail. Winners must sign affidavit and release. The annual grand prize winner will be selected from 1998 top winners on or about October 1, 1998, and will be notified by mail. The grand prize winner will choose up to $5,000 worth of General Electric Profile appliances from a local dealer at the dealer's then-current retail prices. Any applicable sales tax, delivery charges, or additional costs will be included in the $5,000 prize. Cash will not be offered in lieu of prizes. 6. Entries must be your original recipes. No previously published recipes. They will be judged on creativity, taste, and practicality by *BH&G®* editors. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use winner's name and hometown for editorial and promotional purposes, except where prohibited by law.

Nutrition Information

HOW TO MAKE IT WORK FOR YOU

With each recipe, we give important nutrition information. The calorie count of each serving and the amount, in grams, of fat, saturated fat, cholesterol, sodium, carbohydrates, fiber, and protein will help you keep tabs on what you eat.

You can check the levels of each recipe serving for vitamin A, vitamin C, calcium, and iron. These are noted in percentages of the Daily Values. The Daily Values are dietary standards determined by the Food and Drug Administration.

How we analyze

We omit optional ingredients from the analysis. The analysis is calculated using two percent milk.



Our seal assures you that every recipe has been tested in the *Better Homes and Gardens®* Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

When ingredient choices appear in a recipe (such as margarine or butter), we use the first one mentioned for analysis. The ingredient order does not mean we prefer one ingredient over the other.

We use the first serving size listed when a range is given.

What you need

Calories: About 2,000
Total fat: Less than 65 grams
Saturated fat: Less than 20 grams
Cholesterol: Less than 300 milligrams
Carbohydrate: About 300 grams
Sodium: Less than 2,400 milligrams
Dietary fiber: 20 to 30 grams

Use our analyses to chart the nutrition value of the foods you eat. The dietary guidelines above suggest the levels of nutrients that moderately active adults should strive to eat each day. There is no real harm in going over or under these guidelines in any single day, but it is a good idea to aim for a balanced diet over time.

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PRIZE TESTED

see page 214 for details



$400 WINNER

Nancy Bruce, Florence, Ore., in the Cookie Jar Favorites category.
September 1997

Toasted Hazelnut Bars

An old-fashioned buttermilk filling combines with a super-nutty topping in this rich treat.

- ½ cup butter or margarine, softened
- 2 3-oz. pkgs. cream cheese, softened
- ½ cup packed brown sugar
- 2⅓ cups all-purpose flour
- 2 cups granulated sugar
- 1½ cups buttermilk
- 4 eggs
- ½ cup butter or margarine, melted
- 2 tsp. vanilla
- ¼ tsp. salt
- 2 cups toasted chopped hazelnuts
- Sifted powdered sugar

In a mixing bowl beat the ½ cup butter or margarine, cream cheese, brown sugar, and 2 cups of the flour till well combined. With lightly floured hands pat mixture onto bottom and up sides of a 15x10x1-inch ungreased baking pan. Bake in a 350° oven for 15 minutes.

Meanwhile, beat together granulated sugar, the remaining ⅓ cup flour, buttermilk, eggs, melted butter or margarine, vanilla, and salt with an electric mixer on low speed till combined. Stir in nuts. Pour into crust. Bake in a 350° oven for 35 minutes or till golden. Cool; cut into bars and sprinkle with powdered sugar. Store in refrigerator. Makes 48 bars.

Nutrition facts per bar: 146 cal., 9 g total fat (4 g sat. fat), 32 mg chol., 75 mg sodium, 16 g carbo., 1 g fiber, and 2 g pro. Daily Values: 5% vit. A, 2% calcium, and 3% iron.



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$400 WINNER

Betty A. Powell, Leesburg, Va., in the Fix-and-Freeze Entrées category.
September 1997

Italian Shepherd's Pie

This is so tasty you might want to prepare two at a time. Pop one in the freezer for later.

- 1 lb. bulk pork sausage
- ½ cup green onion sliced in 1-inch pieces
- 1 14½-oz. can stewed tomatoes
- 3 beaten eggs
- ¾ tsp. dried oregano, crushed
- 1 cup shredded cheddar cheese
- 1 9-inch unbaked pastry shell
- 4 servings prepared instant mashed potatoes
- ½ cup shredded cheddar cheese
- Paprika

In a large skillet cook sausage and green onion till sausage is browned. Drain. Stir in tomatoes, eggs, oregano, and the 1 cup cheese. Spoon sausage mixture into unbaked pastry shell. Place on a foil-lined baking sheet.* Cover edge of pie with foil. Bake in a 375° oven for 25 minutes. Remove foil; bake 20 to 25 minutes more or till set. Cool on a wire rack. Wrap and freeze.

To serve, thaw casserole overnight in the refrigerator. Unwrap and cover loosely with foil. Bake in 350° oven for 1 hour. Combine prepared potatoes and the ½ cup cheese. Uncover pie. Pipe or spoon potato mixture around edge of pie. Sprinkle with paprika. Bake, uncovered, about 20 minutes more or till heated through. Let stand 5 to 10 minutes before cutting into wedges. Makes 8 servings.

*If you wish to bake and serve this pie immediately, proceed to preparing potato-cheese mixture, pipe or spoon mixture around edge of pie, and sprinkle with paprika. Bake in a 375° oven for 50 to 55 minutes or till set. Let stand 15 minutes before serving.

Nutrition facts per serving: 410 cal., 27 g total fat (10 g sat. fat), 125 mg chol., 846 mg sodium, 25 g carbo., 1 g fiber, and 16 g pro. Daily Values: 13% vit. A, 10% vit. C, 16% calcium, and 13% iron.

see page 214 for details

$200 WINNER

Maral Mahdasian, Newton, Mass., in the Fix-and-Fr... category.
September 1997



Comforting Cassoulet-Style Stew

Lamb and vegetables make a hearty dish that's great for a blustery fall day.

- 1 lb. dry navy beans
- 13 cups water
- 1 meaty lamb shank (1 to 1½ lb.)
- 1 Tbsp. olive oil or cooking oil
- 3 cloves garlic, minced
- 2 cups chopped celery (include leaves)
- 2 medium unpeeled potatoes, coarsely chopped
- ¾ cup coarsely chopped carrot
- ¾ cup coarsely chopped parsnip
- 1¼ cups dry black-eyed peas, rinsed, and drained
- 8 oz. mushrooms, sliced (3 cups)
- ½ cup dry red wine or beef broth
- 2 tsp. salt
- ½ tsp. pepper
- 1 28-oz. can diced tomatoes
- 2 Tbsp. snipped fresh thyme
- 1 Tbsp. snipped fresh rosemary
- Fresh rosemary sprigs (optional)

Rinse beans. In a saucepan combine beans and 6 cups of the water. Bring to boiling; reduce heat. Simmer for 2 minutes; remove from heat. Cover and let stand for 1 hour. Drain and rinse beans. In an 8- to 10-quart pot brown lamb shank in hot oil. Add garlic, celery, potatoes, carrot, and parsnip. Cook over medium-high heat for 5 minutes, stirring frequently. Add soaked beans, black-eyed peas, mushrooms, the remaining 7 cups water, wine or broth, salt, and pepper; bring to boil. Reduce heat; cover and simmer for 1½ hours or till beans and peas are tender. Remove shank; let cool. Add tomatoes, thyme, and snipped rosemary to beans. Remove meat from shank; chop meat and add to stew. Simmer, covered, for 15 minutes more. Cool for 30 minutes; put into freezer containers.

Freeze up to 3 months. To serve: Place frozen casserole in a saucepan. Heat, covered, over medium-low heat for 45 minutes or till heated through, stirring occasionally and breaking apart. Garnish with rosemary sprigs, if desired. Makes 12 servings.

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see page 214 for details

$200 WINNER

Kimberly Durkovic, Jefferson, Ohio, in the Cookie Jar Favorites category.
September 1997



Apple-Crisp Cookies

This oatmeal cookie recipe with an apple-crisp twist makes enough to freeze for another day.

- 1 cup shortening
- ½ cup margarine or butter
- 1½ cups packed brown sugar
- 1 cup granulated sugar
- 1 0.7-oz. pkg. instant spiced apple-flavored drink mix
- 1 Tbsp. ground cinnamon
- 1½ tsp. baking powder
- 1½ tsp. baking soda
- ½ tsp. salt
- 3 eggs
- 2 tsp. vanilla
- 3 cups all-purpose flour
- 3 cups quick-cooking rolled oats
- 1½ cups raisins
- 1½ cups chopped dried apple pieces

In an extra large mixing bowl beat shortening and margarine or butter with an electric mixer on medium to high speed for 30 seconds. Add brown sugar, granulated sugar, instant drink mix, cinnamon, baking powder, baking soda, and salt. Beat till combined, scraping the sides of bowl occasionally. Beat in eggs and vanilla till combined. Beat in as much flour as you can with the mixer. With a wooden spoon, stir in remaining flour, oats, raisins, and dried apples.

Drop dough by rounded teaspoons onto an ungreased baking sheet. Bake in a 350° oven for about 12 minutes or till lightly browned. Makes about 7 dozen cookies.

Nutrition facts per cookie: 94 cal., 4 g total fat (1 g sat. fat), 8 mg chol., 60 mg sodium, 14 g carbo., 1 g fiber, and 1 g pro. Daily Values: 1% vit. A, 1% vit. C, 1% calcium, and 3% iron.

Photographs: Scott Little

Hey, no one ever took peanut butter to show and tell.

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Buying Guide

continued from page 84

RURAL ROUTES TO STYLE

Pages 150-151: range—Viking Range Corp., 111 Front St., Greenwood, MS 38930; 888/845-4641.
Pages 152-153: sofa, chair, antique pine cocktail table, similar styles available—Crate & Barrel; 888/249-4155.
Pages 154-155: gingham bed linens—The Ralph Lauren Home Collection, 1185 Ave. of the Americas, New York, NY 10036.
Pages 147-156: all other items shown—antique, discontinued, or a personal belonging.

GARDENER'S ALMANAC

Pages 132-135: Baptisia—Milaeger's Gardens, 4838 Douglas Ave., Racine, WI 53402; 414/639-2371; catalog $1. White Flower Farm, Rt. 63, Litchfield, CT 06759; 800/503-9624; free catalog. **Daffodils**—Daffodil Mart, 7463 Heath Trail, Gloucester, VA 23061; 800/255-2852; free catalog. Van Bourgondien Bros., P.O. Box 1000, 245 Farmingdale Rd., Rt. 109, Babylon, NY 11702-9004; 800/622-9997; free catalog. Van Dyck's Flower Farms, P.O. Box 430, Brightwaters, NY 11718; 800/248-2852; free catalog. **Papaver somniferum**—Select Seeds Antique Flowers, 180 Stickney Rd., Union, CT 06076; 203/684-9310; catalog $3. Shepherd's Garden Seeds, 30 Irene St., Torrington, CT; 06790; 860/482-3638; free catalog. **Polygonum**—Kurt Bluemel Inc., 2740 Greene Lane, Baldwin, MD 21013, no phone orders; catalog $3. Busse Gardens, 5873 Oliver Ave. SW, Cokato, MN 55321, 800/544-3192. **Ornamental grasses**—Weiss Brothers Nursery, 11690 Colfax Highway, Grass Valley, CA 95945; 916/272-7657; free catalog. Kurt Bluemel Inc. (address above).

REDISCOVERING PEONIES

Pages 137-144: peonies—Caprice Farm Nursery, 15425 SW Pleasant Hill Rd., Sherwood, OR 97140. Klehm Nursery, 4210 N. Duncan Rd., Champaign, IL 61820-9559; 800/553-3715; catalog $4. Carroll Gardens, 444 E. Main St., Westminster, MD 21157; 800/638-6334; catalog $3. Andre Viette Nursery, Rt. 1, Box 16, Fishersville, VA 22939; 540/943-2315; catalog $5.

HOME OF THE YEAR

Page 167: all windows—Marvin Windows & Doors, P.O. Box 100, Warroad, MN 56763-0100; 800/346-5128. **Stone veneer,** "Cobblefield"—Stone Products Corp., P.O. Box 270, Napa, CA 94559-0270; 800/255-1727. **Roofing,** "Grand Manor Shangle"—CertainTeed Corp., P.O. Box 860, Valley Forge, PA 19482; 800/782-8777. **APA/EWS glulams and wood I-joists**—APA-The Engineered Wood Assn., P.O. Box 11700, Tacoma, WA 98411; 206/565-6600; http://www.apawood.org. and Georgia-Pacific Corp., 800/284-5347. **Engineered wood systems**—APA-The Engineered Wood Assn. (address above). **Lantern above entry,** "Providence"—Georgian Art Lighting Designs, P.O. Box 325, Lawrenceville, GA 30246. **Door latch and lock set,** "Lexington"; **door knocker,** "Victorian"; **letter box plate, and bell button**—Baldwin Hardware Corp., Green Hills Corporate Center, 2675 Morgantown Rd., Ste. 3200, Reading, PA 19607; 800/437-7448. **Exterior paint: stucco** (Starfish); **shutters** (Canadian Rocky); **shake shingles** (Paddlewheel); **sash** (Gentle Maize); **trim, window boxes, board siding** (Family Crest); **entry door** (Windmill)—Martin-Senour Paints, 101 Prospect Ave., 200 Midland Bldg., Cleveland, OH 44115. **Indoor climate control system,** "Perfect Climate Comfort Center"—Honeywell, Inc., 1985 Douglas Dr. N, Golden Valley, MN 55422-3992; 800/328-5111.
Pages 168-169 (*left*): all prefinished strip flooring, "Longstrip Oak Cherokee Chestnut"—Harris-Tarkett, Inc., 800 Lanidex Plaza, P.O. Box 264, Parsippany, NJ 07054-0264; 800/482-5388. **Built-in cabinet,** "Lancaster Raised Panel"—Wood-Mode, Inc., One Second St., Kreamer, PA 17833. **French doors and transoms**—Marvin Windows & Doors (address above). **Fireplace**—Marco Mfg. Co., 2520 Industry Way, Lynwood, CA 90262. **Paint: walls,** MSW610540 (Russell House Green); **cabinet, mantel, paneling, post and beam, trim** (Platinum Interior Latex Satin Trim Gloss)—Martin-Senour Paints (address above). **Plaid tufted chair,** 656—The Pearson Co., P.O. Box 2838, High Point, NC 27261. **Clarendon sofa,** 184-86 (Medium Mahogany); **sofa, ottoman, and tablecloth fabric,** 750-75; **large English ottoman,** 6312-89 (Cream with Gold striping); **lyre end table,** 5119-06 (Medium Regency); **wicker wing chair,** 4011-55 (Weathered Antique White); **toss pillow and wicker wing chair cushion fabric,** 575-92—Hickory Chair; for a dealer near you call 800/349-4579. **Curtain fabric,** "Montclair" (Maize)—available at Calico Corners; 800/213-6366. **Antiqued mirror obelisks,** AMO-123—by World's Away, available from Peridot, 514 E. Paces Ferry Rd., Atlanta, GA 30305; 404/261-7028; 800/261-9595.



Sample the cottage-cozy warmth and charm of our 1997 Home of the Year on page 167.

Hand-painted table lamp, "Jardin" (Crackle Porcelain) SV110—Frederick Cooper; for a dealer near you call 773/384-0800. **Lamb boxes on mantel,** S5212; **tulip vases in bookcase,** U6518 (Yellow/Orange), U6520 (Pink); **tulip cups and saucers,** F6517—Mottahedeh & Co., Inc.; for a store near you call 800/242-3050. **Boxer with picture frame,** 2101—for a retailer near you write Great City Traders, 537 Stevenson, San Francisco, CA 94103-1636. **Area rug**—House of Persia/Moattar, Ltd., 652-B Miami Cr., Atlanta GA 30324; 404/266-8458. **Art over mantel,** "Hummingbird"—available through designers from Chelsea House, Gastonia, NC 28053. (***Top right*****): prefinished strip flooring,** "Longstrip Oak Cherokee Chestnut"—Harris-Tarkett Inc. (address above). **Antique oval wicker table,** (Natural)—similar styles available from Dearing Antiques, 709 Miami Cr., Atlanta, GA 30324; 404/233-6333. **Plaid armchair,** 952 (Biscayne White, 301)—The Pearson Co. (address above). **Shield back armchair,** 5086-11 (Mount Vernon White); **shield back armchair fabric,** 206-22—Hickory Chair; for a dealer near you call 800/349-4579. **Table lamp,** "Strawberry Fields," 996-218B—Stonehouse Farm Goods-The Store, 544 Water St., Princeton, WI 54968; 888/382-4500. **Print under stairs,** "Young Mother Sewing" by Mary Cassatt, B11071; **prints on stair wall (*left to right*):** "The Connoisseur"; "A Man Reading in a Garden" by Honore' Daumier—available from The Metropolitan Museum of Art; 800/662-3397.
Pages 170-171: stone veneer on fireplace, "Cobblefield"—Stone Products Corp. (address above). **Paint: walls,** W61-1014 (Apollo Room Blue); **posts, beams, mantel, and trim** (Platinum Interior Latex Satin Trim Gloss)—Martin-Senour Paints (address above). **Blue leather recliner,** "Beacon Hill," 2738; **distressed blue leather,** 49-60/61—Action Lane; for more information or a dealer near you call 888/367-5263. **Oval cocktail table,** 11184-19 (Cottage White); **chairside table,** 11183-92 (Carpenter Cherry); **oval end table,** 10951-95 (Antique White)—The Lane Co., Inc., P.O. Box 151, Altavista, VA 24517-0151. **Chair,** 1458 (Sorrel, 109); **love seat,** 2737-2—The Pearson Co. (address above). **Cat in the kettle on mantel,** 2114—for a retailer near you write Great City Traders (address above). **Hudson River cast metal table lamps,** 6772 HRSP (Hudson River Suede Pewter); **lampshade,** "Modified Coolie" (Natural Linen)—Creswell Lighting; for a retailer near you call 412/758-0707. **Tulip cup and saucer,** F6517—Mottahedeh & Co., Inc.; for a store near you call 800/242-3050. **Antique birdcage**—Billie's American Classics, 709 Miami Cr., Atlanta, GA 30324; fax, 404/233-0559.
Pages 172-173 (*top left*): chandelier, "Country Squire" #1-03830-58 (Verde Bronze)—Georgia Lighting, 530 14th St. NW, Atlanta, GA 30318; 800/282-0220. **Round dining table,** 236-54 (Antique White); **chair fabric,** 0147 Diamond (Daffodil, 088); **oval end table,** 10951-95 (Antique White)—The Lane Co., Inc. (address above). (***Bottom left*****): cabinets,** "Lancaster Recessed Beaded"; **wall units** (Vintage White) Maple; **island** (Harbor Mist)—Wood-Mode, Inc. (address above). **Cabinet hardware**—Baldwin Hardware Corp. (address above). **Bar sink**—Elkay Mfg. Co., 222 Camden Ct., Oak Brook, IL 60521. **Sink faucet**—Jado Bathroom and Hardware Mfg., P.O. Box 1329, Camarillo, CA 93011; 800/277-2734. **Island countertop,** "Mist Collection" (Dawn Mist); **cabinet countertops,** "Solid Collection" (Silk)—Formica Surell Corp., 10155 Reading Rd., Cincinnati, OH 43017-3215; 800/367-6422. (***Right*****): dishwasher,** "Profile Built-in"; **side-by-side refrigerator/freezer,** "Profile Built-In Contemporary"; **36-inch downdraft cooktop,** "Built-In Gas Cooktop"; **downdraft vent,** "Profile Telescopic Downdraft"—GE Appliances; **GE Answer Center;** 800/626-2000. **Sink**—Elkay Mfg. Co., (address above). **Faucet**—Jado Bathroom and Hardware Mfg. (address above). **Hand painted tiles on backsplashes,** "Archectural"—Salt Marsh Pottery Ltd., 1167 Russells Mills Rd., South Dartmouth, MA 02748-1015; 508/636-4813. **Background tile on backsplashes**—Florida Tile Ind., Inc., 1 Sikes Blvd., Lakeland, FL 33801; 800/789-8453. **Chair,** 1458 (Sorrel, 109)—The Pearson Co. (address above).
Pages 174-175 (*left*): French doors, transoms—Marvin Windows & Doors (address above). **Carpet,** "Cotillion" (White Cloud)—Shaw Ind., Inc., P.O. Box 2128, Dalton, GA 30722-2128; 800/441-7429. **Paint: walls,** W620405 (Palace Chambers Yellow); **trim** (Platinum Interior Latex Satin Trim Gloss)—Martin-Senour Paints (address above). **Cinquefoil Cluster poster bed,** 8500-60 (Mount Vernon finish); **canopy,** 8501-61 (Mount Vernon); **blue tufted tub chair,** 5020-24 (Medium Mahogany finish); **ladder-back and tufted tub chair fabric,** 590-35; **ladder-back chair,** 4704-13 (Antique White); **dust ruffle and toss pillow fabric,** 665-92—Hickory Chair; for a dealer near you call 800/349-4579. **Antique French bistro round table,** similar styles available—Dearing Antiques (address above). **Bostwick Ivory adjustable shade floor lamp,** B227; **Pearson I gold-toned brass swing-arm sconce,** B180Y; **shade,** (Yellow)—Frederick Cooper; for a dealer near you call 773/384-0800. **Large dove candle holder on base,** DCG2 (Gold Leaf Paint)—by Worlds Away available from Peridot (address above). **Wallpaper border,** "Aster Border" (Spring), 568645—Waverly; 800/423-5881. **Covered temple jar on table,** 3402; **Canton vases on table and nightstand,** 3420; **Canton Collection tea canister on shelf,** 3434—by Two's Company. Available from The Peachtree Place, 303 Happ Rd., Northfield, IL 60093; 847/441-7585; Home & the Holidays, 428 Allegheny River Blvd., Oakmont, PA 15139; 800/327-0883. **Quilts and turquoise desk chair**—antique. **Bed coverlet and shams,** similar styles available—Chambers; 800/334-9790. **Canopy and curtain fabric,** "Lund" (Winter); **canopy fringe,** "Juliette" (Snow), from the Passementerie I Collection—available through designers from Robert Allen Fabrics, Inc. **Oval print,** "Floral Oval"—Chelsea House (address above). (***Top right*****): whirlpool tub**—MTI Whirlpools, 670 N. Price Rd., Sugar Hill, GA 30518. **Tub skirting**—Wood-Mode, Inc. (address above). **Casement windows**—Marvin Windows & Doors (address above). **Ceramic tile**—Florida Tile Ind., Inc. (address above). **Faucet handles,** "Acrylic Swirl"; **tub filler,** "Roman Tub"—Price Pfister, Inc., 13500 Paxton St., Pacoima, CA 91333-4518; 800/732-8238. **Sheer curtain panel fabric,** "Lund" (Winter)—available through designers from Robert Allen Fabrics, Inc. **Striped wallpaper,** "Jackson Stripe" (Daffodil), 568723; **wallpaper border,** "Aster Border" (Spring), 568645—Waverly; 800/423-5881. **Parson's stool,** ST006; **parson's stool slipcover** (Off-White duck), SA056—Ballard Designs, 1670 DeFoor Ave., NW, Dept. Edit. MAGA '97, Atlanta, GA 30318; 405/351-5099. (***Inset and bottom*****): vanity cabinets,** "Lancaster Raised Panel" (Vintage White)—Wood-Mode, Inc. (address above). **Lavatory bowl,** "Lisbon"—Barclay Products Ltd., 4000 Poretl Dr., Gurnee, IL 60031. **Countertops,** "Solid Collection" (Arctic)—Formica Surell Corp. (address above). **Cabinet pulls**—Baldwin Hardware Corp. (address above). **Sconces,** "Swan" #1-07419-22 (Light Verde)—Georgia Lighting (address above). **Striped wallpaper,** "Jackson Stripe" (Daffodil) 568723; **wallpaper border,** "Aster Border" (Spring) 568645—Waverly; 800/423-5881. **Canton covered jar,** 3408; **six-sided large covered jar,** 3409; **six-sided covered jar,** 3401—by Two's Company; Aavailable from The Peachtree Place, 303 Happ Rd., Northfield, IL 60093; 847/441-7585; Home & the Holidays, 428 Allegheny River Blvd., Oakmont, PA 15139; 412/828-0883.
Page 176 (*top*): built-in desk, "Beacon Hill Raised Panel"—Wood-Mode, Inc. (address above). **Ceiling fixture,** #1-03743-22 (Verde)—Georgia Lighting (address above). **Love seat,** 2717-2; **leather chair,** 651 (Amber Mahogany)—The Pearson Co. (address above). **Chairside cabinet with magazine rack,** 988-14—The Lane Co., Inc. (address above). **Wallpaper,** from the Pickle Barrel Collection—York; for a retailer near you call 800/375-9675. **Area rug,** "Penrhyn" (Black), N08; **pillow in chair,** "Penrhyn" (Pale), N09/P/S6; **pillow on love seat,** "Edwinsford" (Petitpoint), N21/S4—available through designers from Vaughan, 979 Third Ave., Suite 914, New York, NY 10022; 212/319-7070. **Regency gold plated double inkwell lamp,** B134C; **lampshade** (Cream); **Burl wood and leather book spine column lamp,** C136; **floor lamp,** B181B; **shade on floor lamp**—Frederick Cooper; for a dealer near you call 773/384-0800. **Chair cushion fabric,** "Cabin Plaid" (Laurel), 602422; **Roman shade fabric,** "Heritage" (Fern), 647073—Waverly; 800/423-5881. **Dog paintings**—available through designers from Chelsea House, Gastonia, NC 28053. (***Center*****): chandelier,** "Canterbury Collections" #942-75; **double pedestal**

continued on page 247

Free vacation information

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All-Star Chocolate Pie

by Julia Malloy



Imagine eating your favorite candy bar in a crust. Peanut butter lovers and chocoholics alike will dig this fudgy, frozen pie because it combines the best of both flavors. Its potent chocolate kick comes from melting two kinds of chocolate—semisweet and unsweetened—into a thick, dark base. A few spoonfuls of peanut butter add a playful nutty nuance.

Peanut Butter and Chocolate Pie

Marshmallow creme sets the chocolate filling and makes it fluffy. To keep the filling smooth and silky, remove the saucepan from the heat before stirring in the creme.

- ½ cup milk
- 1 6-oz. pkg. (1 cup) semisweet chocolate pieces
- 4 oz. unsweetened chocolate
- ½ cup smooth peanut butter
- ½ of a 7-oz. jar (1 cup) marshmallow creme
- 1 cup whipping cream
- 1 9-inch baked pastry shell
- 1 recipe Peanut Praline Sauce

Chill a medium mixing bowl and the beaters of an electric mixer. In a medium heavy saucepan combine milk, chocolate pieces, and unsweetened chocolate; cook and stir over low heat till chocolate is melted. Remove from heat. Add peanut butter; stir till blended. Add marshmallow creme; stir till blended. Transfer the mixture to a large mixing bowl; cool to room temperature.

In the chilled mixing bowl beat the whipping cream with an electric mixer on medium speed till soft peaks form. Fold the whipped cream into the cooled chocolate mixture. Turn chocolate mixture into the baked pie shell; cover and freeze about 4 hours or till set.

To serve, let the pie stand at room temperature for 15 minutes. Cut into wedges. Serve with Peanut Praline Sauce. Makes 12 servings.

Peanut Praline Sauce: In a small heavy saucepan combine ¾ cup whipping cream and ½ cup packed brown sugar. Cook and stir over low heat till the cream is boiling and the sugar is dissolved. Simmer gently for 5 to 7 minutes or till the mixture thickens slightly, stirring occasionally. Remove the saucepan from the heat. Stir in 1½ teaspoons vanilla; cool to room temperature. Before serving, stir in ½ cup chopped dry roasted peanuts. Spoon over each serving of pie. Makes about 1 cup.

Nutrition facts per slice with a generous tablespoon of sauce: 485 cal., 36 g total fat (13 g sat. fat), 48 mg chol., 170 mg sodium, 40 g carbo., 2 g fiber, and 8 g pro. Daily Values: 16% vit. A, 0% vit. C, 5% calcium, and 14% iron.


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Fabio

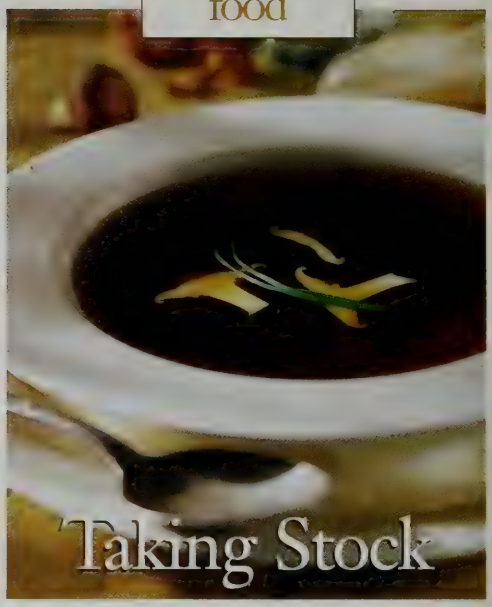
Nutrition Facts

Per Serving	Calories (kcal)	Saturated Fat (g)	Total Fat (g)
Butter	30	7	11
Margarine	0	2	11
I CAN'T BE!	0	2	10

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PHOTOGRAPH: SCOTT LITTLE

Taking Stock

Homemade stocks are treasure in your kitchen bank. Their versatility makes them valuable for use in sauces, stews, and soup bases, or even by themselves as consommés.

When mushrooms stand in for meat or chicken, the result is a flavorful, earthy broth. The best mushrooms to use are buttons or portobellos, which are especially savory when roasted before using.

Roasted Mushroom Stock

Clear enough for consommé, bold enough for broth: Mushroom stock contributes rich flavor subtleties different from those of meat stocks.

- 4 medium onions, quartered
- 4 stalks celery with tops, cut up
- 2 medium carrots, cut up
- 6 cloves garlic
- 1 tsp. salt
- ¼ tsp. whole black peppercorns
- 2 lb. button or other mushrooms, cleaned and trimmed
- 2 sprigs fresh thyme
- 2 sprigs fresh marjoram
- 2 sprigs fresh parsley

Place onions, celery, carrots, and garlic in a shallow roasting pan; sprinkle with salt and peppercorns and roast, uncovered, in a 450° oven for 1 hour minutes. Add mushrooms; stir vegetables and roast 15 minutes more. Remove from oven and add *1 cup cold water* to roasting pan.

In a 6- to 8-quart pot place roasted vegetable mixture and *6 cups additional cold water.* Bring mixture just to boiling. Reduce heat and simmer, uncovered, for 1½ hours. Add thyme, marjoram, and parsley.

Simmer, uncovered, 30 minutes more. Strain reduced stock through a double thickness of 100 percent cotton cheesecloth; discard solids.

If desired, serve as consommé garnished with thinly sliced, sautéed mushrooms and green onion curls. Refrigerate stock, covered, for up to one week or freeze for up to 6 months. Makes about 4 cups.

Nutrition facts per cup: 50 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 561 mg sodium, 11 g carbo., 0 g fiber, and 3 g pro. Daily Values: 42% vit. A, 19% vit. C, 3% calcium, and 14% iron.

HOT STOCK TIPS

As with other stocks, use cold water to avoid clouding. Bring stock gently to boiling, then simmer it slowly to draw out the flavors. Let your stock gradually cook down to condense all its richness. Stirring or covering a stock also makes it cloud up. Since mushroom stock is virtually fat-free, it needs no skimming.



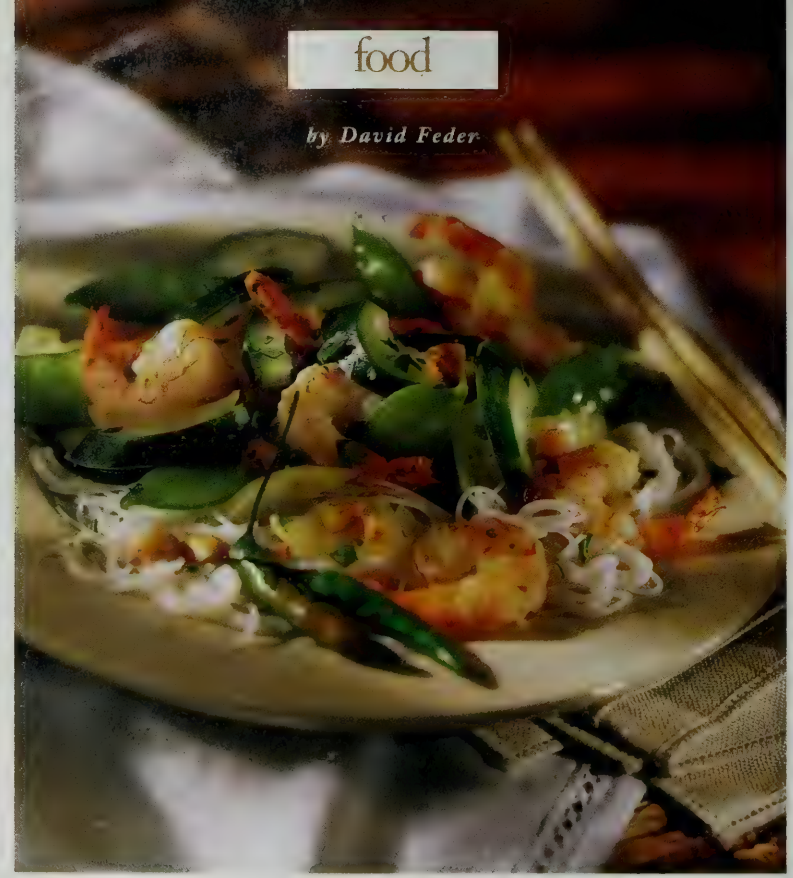
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Hot as a Cucumber

Forget "cool as a cucumber." Cooking cucumbers brings out the sweetness that reveals their relation to berries and squashes. You'll find cucumbers used in Asian cooking more often than in other world cuisine, but their delicate flavor can also augment your favorite pasta, casserole, or soup recipes.

For a quick accompaniment to fish or chicken, steam sliced cucumbers with a little dill and black pepper. Or, stir-fry cucumbers with toasted sesame oil and cayenne pepper.

Thai-Style Shrimp and Cucumbers

Choose the type and the amount of hot chili peppers that best suit your palate.

- 1 lb. fresh or frozen medium shrimp in shells
- 1 Tbsp. cooking oil
- 1 small onion, coarsely chopped
- 4 cloves garlic, minced
- 1 to 3 Thai* or serrano peppers, finely chopped
- 2 medium cucumbers, halved lengthwise, seeded, and cut into ¼-inch-thick slices
- 1 cup fresh pea pods, stems removed
- 2 Tbsp. rice vinegar
- 2 tsp. toasted sesame oil

Hot cooked rice noodles or rice

- 3 Tbsp. chopped honey-roasted peanuts
- 2 Tbsp. fresh snipped cilantro

Thai peppers (optional)

Thaw shrimp, if frozen. Peel, devein, and rinse shrimp; pat dry with paper towels and set aside. In a large nonstick skillet heat cooking oil over medium heat; cook onion, garlic, and chopped peppers for 2 to 3 minutes or till onions are tender. Add cucumbers; cover and cook for 5 minutes, stirring occasionally. Add shrimp and cook, uncovered, for 3 minutes or till shrimp turn pink. Stir in pea pods. Cook and stir for 1 minute more or till pea pods are heated through.

Stir in vinegar and sesame oil. Serve over cooked rice noodles or rice. Sprinkle peanuts and cilantro over each serving. Garnish with extra Thai or serrano peppers, if desired. Makes 4 servings.

**Note:* Thai peppers resemble serrano peppers, but are smaller, slightly crooked, and somewhat hotter than serranos. Like all hot peppers, Thai peppers contain oils that can burn eyes, lips, and sensitive skin, so wear plastic gloves while preparing them and be sure to wash your hands thoroughly afterward.

Nutrition facts per main-dish serving: 462 cal., 12 g total fat (2 g sat. fat), 131 mg chol., 196 mg sodium, 72 g carbo., 3 g fiber, and 19 g pro. Daily Values: 9% vit. A, 45% vit. C, 6% calcium, and 32% iron.

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Say Appetizer Cheesecake

"Life is uncertain," say the pundits. "Eat dessert first." And America's favorite dessert is cheesecake. By offering these savory versions as appetizer fare for parties, you can, indeed, enjoy your cheesecake first. Or, serve a slice alongside a crisp, green salad for lunch or brunch.



Savory Feta Cheesecake

Feta, dill, and olives add a Greek touch to this full-flavored cheesecake. Cut in small wedges and serve with crisp, raw vegetables.

- 1 cup ground walnuts
- ½ cup finely crushed zwieback
- 2 Tbsp. margarine or butter, melted
- 1½ cups finely crumbled feta cheese flavored with basil and tomato (6 oz.)
- 1 15-oz. carton ricotta cheese
- 3 eggs
- ¾ cup finely chopped fresh mushrooms
- ⅓ cup finely chopped pitted ripe olives
- ¼ cup milk
- ½ tsp. pepper
- ⅛ tsp. salt
- Sliced ripe olives (optional)
- Fresh oregano (optional)
- Fresh sliced vegetables (optional)

For crust, combine ground walnuts, crushed zwieback, and melted margarine or butter. Press onto bottom of a 9-inch springform pan.

For filling, in a large bowl beat feta and ricotta cheeses with an electric mixer on medium speed till well combined. Add eggs, beating at low speed till just combined. By hand stir in mushrooms, chopped olives, milk, pepper, and salt.

Place springform pan on a cookie sheet. Pour filling into pan. Bake in a 325° oven for 40 to 45 minutes or till the center appears nearly set when shaken. Cool for 15 minutes on a wire rack. Run a spatula around inside of the pan. Cool for 30 minutes more. Remove side of pan. Cover and refrigerate at least 3 hours. At serving time, garnish cheesecake with sliced ripe olives and fresh oregano, if desired. Serve with fresh sliced vegetables. Makes 20 appetizer servings.

Nutrition facts per serving: 152 cal., 12 g total fat (5 g sat. fat), 59 mg chol., 292 mg sodium, 5 g carbo., 0 g fiber, 7 g pro. Daily Values: 8% vit. A, 0% vit. C, 13% calcium, 3% iron.

Cheesecake Ole

No need to mince and chop the perky veggies that spark this robust south-of-the-border cheesecake; just stir in purchased salsa.

- Nonstick spray coating
- 2 Tbsp. fine dry bread crumbs
- 1 8-oz. pkg. cream cheese, softened
- 1 8-oz. carton dairy sour cream
- ½ tsp. ground cumin
- 1 egg
- ½ cup chunky red salsa
- 2 Tbsp. milk
- ¾ cup (3 oz.) shredded Cojack or Monterey Jack cheese
- ¼ cup sliced green onion
- Sliced tomato, sour cream, and sliced green onions (optional)

Spray a 7- or 8-inch springform pan with nonstick coating. Sprinkle bottom of pan evenly with bread crumbs; set aside. For filling, in a large mixing bowl beat the cream cheese, sour cream, and cumin with an electric mixer on medium speed till smooth.

Add egg; beat on low speed just till combined. By hand, stir in salsa and milk, then the shredded cheese and ¼ cup sliced green onion. Place springform pan on a cookie sheet; pour filling into pan. Bake in a 350° oven for 35 to 45 minutes or till center appears nearly set when shaken. Cool on a wire rack. Remove side of pan. Cover and refrigerate at least 3 hours. Garnish with chopped tomato, sour cream, and sliced green onions, if desired. Makes 12 servings.

Nutrition facts per serving: 150 cal., 14 g total fat (8 g sat. fat), 54 mg chol., 159 mg sodium, 3 g carbo., 0 g fiber, and 5 g pro. Daily Values: 17% vit. A, 6% vit. C, 8% calcium, and 4% iron. ♦

Insalata di Pollo Molisani

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Marinade:
1 Tbsp. Bertolli Extra Virgin Olive Oil
1/2 garlic clove, minced
Pinch of crushed hot pepper flakes or to taste
4 boneless, skinless chicken breasts

Salsa:
1 cup finely diced plum tomatoes
1/4 cup finely diced onion
2 Tbsp. chopped fresh basil
1 Tbsp. Bertolli Extra Virgin Olive Oil
4 Kalamata olives, pitted & chopped
1 tsp. red wine vinegar

Salad:
6 cups mixed salad greens
1 Tbsp. Bertolli Extra Virgin Olive Oil
2 tsp. red wine vinegar

Salt and pepper
Fresh basil leaves

1. Marinade: Combine olive oil, garlic and red pepper on plate. Add chicken, turn to coat. Cover. Let stand 30 min.
2. Salsa: Combine tomatoes, onion, basil, olive oil, olives and vinegar; add salt and pepper. Cover. Let stand.
3. Salad: Combine salad greens in large bowl; sprinkle with olive oil and vinegar; toss to coat.
4. Heat skillet or grill on high until very hot. Add chicken, sear 2 min. on each side and transfer to a baking pan. Bake at 350°F for 7 min. or until just cooked through. Sprinkle with salt and pepper. Slice at angles into 1/4-inch thick slices.
5. Assemble the salad: Divide the greens evenly among 4 large plates. Arrange chicken slices, fanning them, on the greens and top with a spoonful of the salsa. Garnish with fresh basil. Serves 4.

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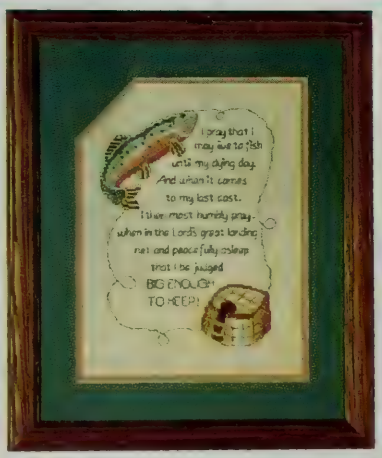


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Our **Fisherman's Prayer Sampler Kit** is available *exclusively* from *Better Homes and Gardens®* magazine (not sold in retail stores). The kit, from Banar Designs, is available in stamped (printed) cross-stitch (finished size 11×15) or counted cross-stitch (finished size 9×12). Both kits come with a *bonus mini kit* for a fish motif, which can be stitched on the shirt or jacket of your choice. Each kit comes complete with full-color photos of both projects, silk-screened muslin fabric for the stamped version *or* 14-count Fiddler's cloth for the counted version, 8.5 count waste canvas for the fish motif, embroidery floss for both projects, two needles, charts, and complete step-by-step instructions.



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Moving Day

You've come a long way since moving involved little more than a pickup truck, a group of friends, and a promise to buy dinner when the job was done. But even if you have packing down to a science—or have hired a moving company to do it for you—there are a few things you should consider when moving your plants and pets. Try these tips to simplify moving day and ease the stress on these oft overlooked fragiles.

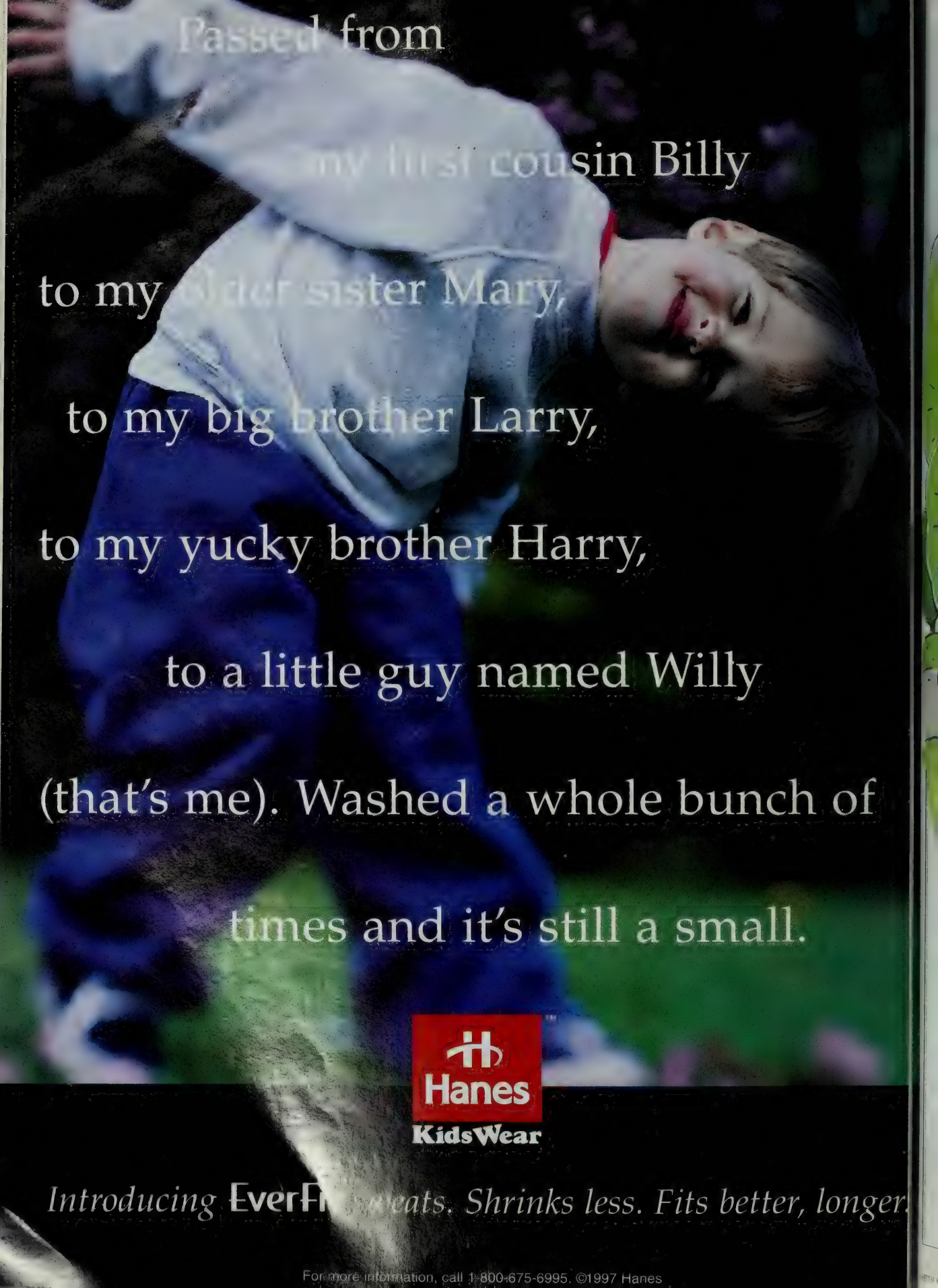
Provisions for Pets

- Ask your veterinarian for a copy of your pet's medical history and be sure your pet's booster shots are current. Take along a health certificate and a rabies vaccination certificate.
- If you move across state lines, call or write the state veterinarian or State Department of Animal Husbandry for laws on the entry of animals. Some states require health certificates, others require up-to-date rabies vaccinations.
- Be sure your pet has an identification tag with your new address and phone number on it.

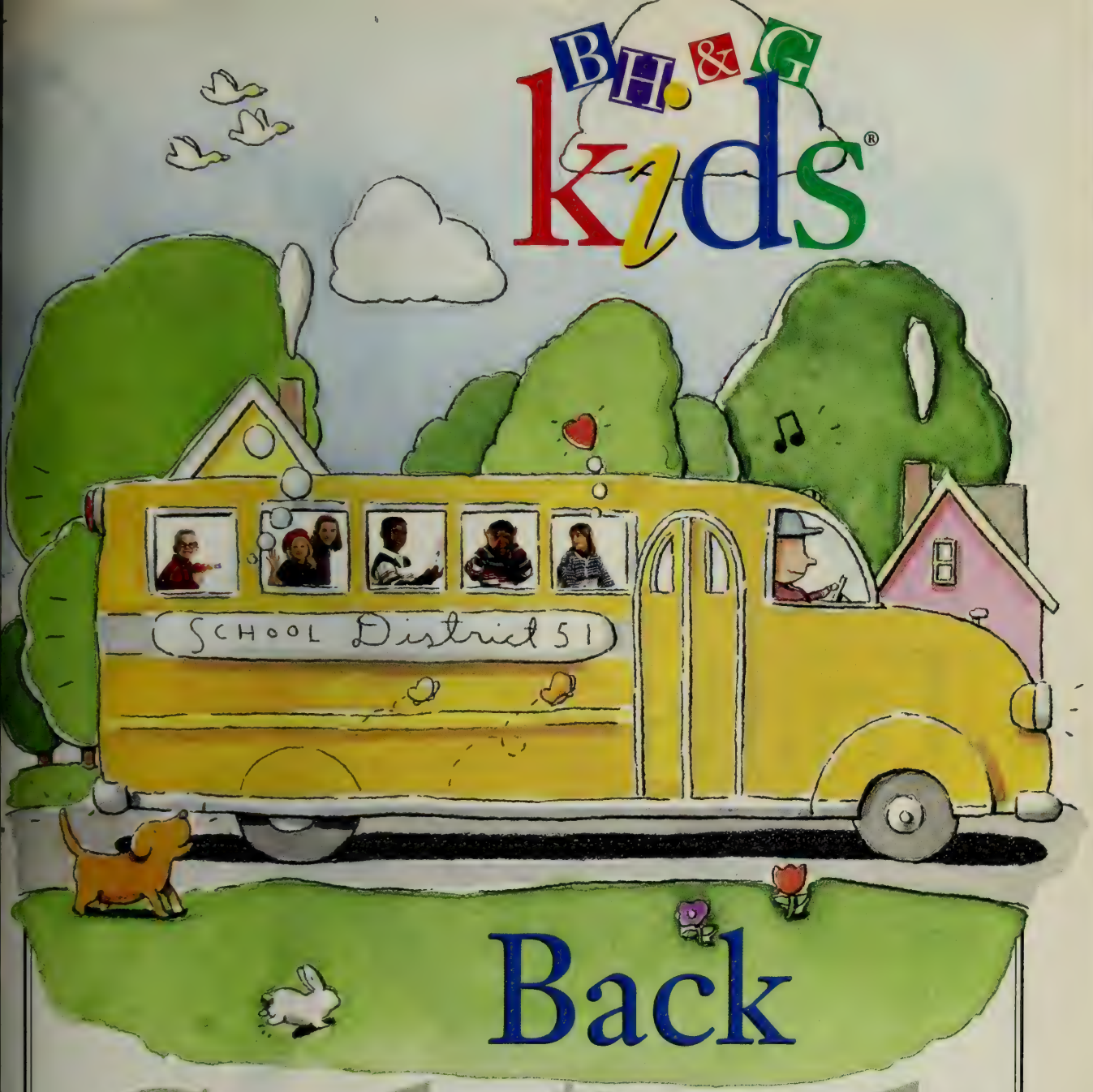
Plants in Transit

- Be selective when choosing which houseplants to take with you. Some tend to be more robust than others and will withstand the move. Others will suffer from shock when moved; if they make it, they'll probably require some time to recover.
- Expose your plants to only moderate temperatures—never below 35 degrees nor above 95 degrees.
- If you hire movers, ask if they will take plants. Most will if the plants are not moved farther than 150 miles and/or if delivery is completed within less than 24 hours from the time of loading.


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by Kelly RuBert
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maller than
ctual seated
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The character Raggedy Ann was created by Johnny Gruelle.


Passed from
my first cousin Billy
to my
sister Mary,
to my big brother Larry,
to my yucky brother Harry,
to a little guy named Willy
(that's me). Washed a whole bunch of
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BH&G kids®



Back to School

by Debra Solberg Gibson

Make sure you're ready when the big yellow bus rolls down your street this month. On the next few pages you'll find tips for a smart start to your family's best year yet. Climb aboard!

continued on page 224

BH&G kids

continued from page 223



Time Trials

She has soccer practice at 4;
her brother starts his violin lesson at 5,
and his paper is due at 8 a.m. tomorrow.
Wait, this is Wednesday—
she has ballet at 4:30,
her sister has debate team at 5:15, and . . . .

Time out.

We all know it's good for kids to be involved in activities. But sometimes we get so caught up in offering our kids all those great opportunities, we forget to set priorities. Soon, chaos rules and nobody's happy. How can we manage? In her book, *Confessions of a Happily Organized Family*, author Deniece Schofield makes the following suggestions.

• Establish a planning notebook or family calendar. Schofield keeps a three-ring binder that is a virtual operating manual for her family. She recommends that a planner include a telephone log (to record all incoming calls and messages), a phone directory for most-used and emergency telephone numbers, and a planning sheet for each child.

• Design the planning sheets each week. Along the left-hand side, list the days of the week. Across the top, list the following categories: assignments, chores, activities, appointments, and "I Want To Do."

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BH&G kids

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Sit down with each child at the beginning of each week, and help him or her fill out the sheet.

Allow one or two "want to do" activities for each day as a reward. If kids are having trouble getting chores and homework done on time, the "want to do" activities can be taken away for a day.

Other time-management experts recommend the following strategies:

- Set up a family "in box" for kids to drop off important papers from school, permission slips that need to be signed, etc. A similar "out box" can be placed next to it for paperwork that is ready to be returned to school.
- Encourage kids to lay out their clothes and prepare their lunches and backpacks the night before.
- Laminate a short checklist that can be attached to the backpack for a quick nightly review.
- Keep the organized book bags, keys, musical instruments, sports equipment, etc., in the same spot each night to eliminate morning panic.
- Put the answering machine to work. If your child is away from home and doesn't want to forget a just-made commitment, she can phone home and leave herself a message. (Send a machine along with your college student when he or she leaves home.)

Keep track of how your child is handling all these commitments. If she is always tired, losing interest, or struggling with schoolwork, consider scaling back or even eliminating some activities.

Effective time management becomes even more crucial once your child enters college. Often it's the most critical skill for the student who's learning to live away from home and juggling classes, a part-time job, and new out-of-class involvements.

In his book, *College Survival: A Crash Course for Students By Students*, author Greg Gottesman offers the tips *at right* for staying on schedule.

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Time management for college students

- Use a calendar or planner. During the first week of class, mark down deadlines for each assignment, paper, project, and test you'll encounter that semester. Set daily and weekly goals for progressing through these obligations.

- Plan to spend at least two nights studying for any major exam. Set aside even more time for writing papers, especially if research is required. Don't forget the time it will take to type and print the paper, especially if you need to schedule computer time. It's also a good idea to allow extra time for computer emergencies—today's version of "the dog ate my homework."

- Don't get behind in your other classes while concentrating on one. Continue to work ahead in all your classes as much as possible.

- Read the assignments before class—not right before the test. By reading ahead of time, the lectures will make more sense.

- Go to class. Your own notes will be more helpful than a friend's. Get in the habit of reading your lecture notes at the end of each day, or at least at the end of each week. This will eliminate a lot of cramming at semester's end.

- Plan your study time. One expert recommends studying for 50 minutes, then breaking for 10 minutes. Allow a cup of coffee or a quick visit with a friend down the hall for those 10 minutes; little incentives can keep you going. Rather than highlighting several passages in your reading assignments, write notes or questions to yourself in the margins. This will strengthen your retention.

- Don't gorge on caffeinated beverages and foods in an effort to stay awake. You could end up jittery or nauseous—neither condition is conducive to effective learning.

- Even if you're racing to start a paper, take a few extra minutes to prepare a workable outline. It will be easier to structure your paper when you start writing.

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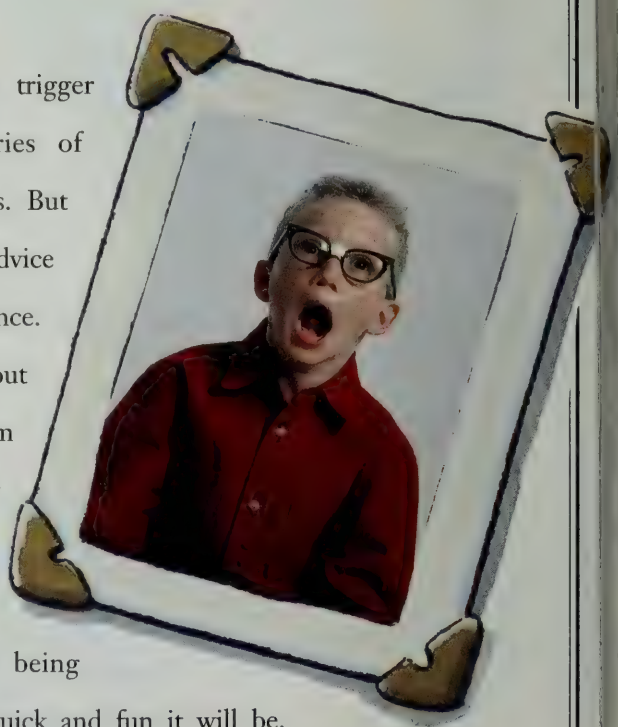
BH&G kids

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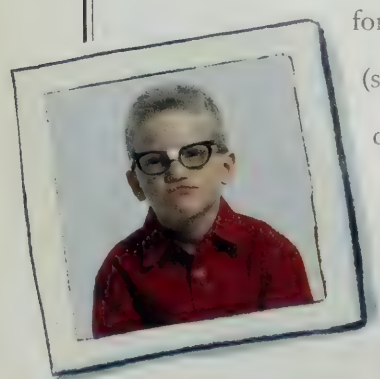
Picture Perfect







The school picture. Those words may trigger flashbacks for today's parents—brutal memories of brush rollers, hair tape, and stiff pointed collars. But professional photographers offer the following advice to make your child's film debut a positive experience. First, talk with your child before the photo day about the importance of her school picture. Brainstorm ways your family can use the photos for gifts or for documenting her growth (see *page 231*). Your young child may have fears about being photographed; explain how quick and fun it will be. By involving your child in the process before the photos are taken, she may be more cooperative and eager to pose.



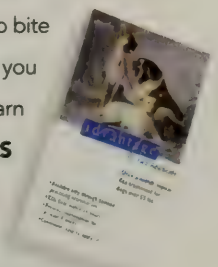
continued on page 230

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[Advantage kills fleas even when your dog gets wet] It's hard to keep a dog away from water. And vice versa. But even after shampooing or swimming, Advantage keeps killing fleas. Just apply to the skin on the back of your pet. Advantage kills fleas on contact – they don't even have to bite your pet. Within 24 hours, fleas are gone! And Advantage keeps killing fleas for a month. It's all you need. Advantage is as gentle as it is effective. And it's available only from your veterinarian. Learn more about Advantage, like our new tube size for large dogs, by calling **1-800-NO-FLEAS** (663-5327). Or visit us at **www.nofleas.com.**



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BH&G kids

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What should your child wear? Experts at the Kodak Company recommend the following tips:

- Choose solid colors; reds and deep greens photograph nicely. Busy patterns will distract from your child's face. Avoid white.
- Steer your child toward long-sleeved shirts and blouses. Short sleeves can distract in a photo, and sleeveless tops look too casual and are sometimes unflattering.
- Avoid tops made of see-through fabrics.
- Stay away from shirts with words on them; photo cropping tends to cut words in half.
- Encourage your child to try on his outfit a few days before the photo to guarantee a good fit; have him practice sitting to see how the fabric of his shirt lies around his neck and shoulders.
- Stitch, pin, or tape shirt or blouse collars if needed before photo day to ensure a smooth look.

If a haircut is necessary, schedule it about a week before the photo. Encourage your child to ask a friend to check for crooked collars and flyaway hair right before the photo; she can do the same for her friend.



What do you do with all these photos? Besides the obvious swap with friends and putting them in photo albums, the ideas at *right* and *above* are fun ways to display those adorable faces.

Life is full of changes.



© P&G 1997

Show off those smiles

- refrigerator magnets
- holiday ornaments
- key chains
- pins/necklaces
- bookmarks
- place mats
- "Do Not Disturb" signs for kids' bedroom doors
- chore charts





BH&G Kids continues on page 232

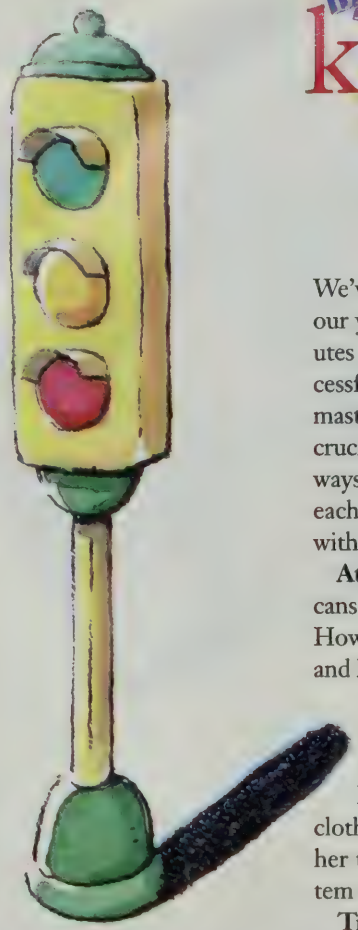
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y a lot less often.

BH&G Kids continued from page 231



It All Adds Up

We've long known that reading to our young children at least 20 minutes every day helps develop successful readers. But in today's world, mastering math concepts is just as crucial as reading. Here are some ways to spend a little bit of time each day on math awareness skills with your son or daughter.

At the recycling bin: How many cans did our family use this week? How many bottles? Make a chart and keep track. Find a box he thinks may hold all the bottles and cans. How many actually fit?

Things that go together: Figure out a system for piling clothes after folding them. Allow her to help you devise another system for sorting dirty clothes.

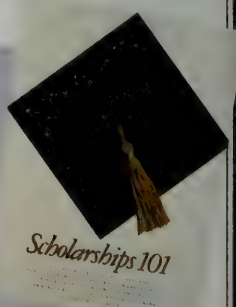
Traveling around town: Count the stoplights between your house and the grocery store. How many were red? How many were green? Which number was greater? How long do you think it will take us to drive one mile? My directions say we need to go to the fourth house on the left—which house is it?

At the supermarket: Suggest that your child find five coupons that save at least 40 cents. Which coupon saves the most money? Which saves the least?

In the garden: Ask your child to plant seeds so the distance between each is the length of his foot. How many seeds fit in the whole row? Other rows may be planted using hand widths and finger lengths.

From *Beyond Facts and Flashcards: Exploring Math With Your Kids*, by Jan Mokros (Heinemann).

Scholarships, Anyone?



You don't have to be a straight-A student to get top scholarship dollars for college. In fact, many organizations that award scholarships are looking for students who can hold a B or B+ average while staying involved in a number of activities. "Organizations that grant money typically look for students involved in group activities which require team efforts and ability to demonstrate leadership," says Dave Fenstermaker, whose company administers Scholarships 101, an awards database.

If you or your student is looking for scholarship money, Scholarships 101 is now available in software and on the Internet.

The Scholarships 101 software package offers a database of 7,000 sources of academic funding representing 500,000 individual scholarships totaling nearly $100 billion. The program, which handles applications for more than one student, automatically prints requests for information letters, address labels, and return labels. $69.95, Windows or Mac. Call 800/762-7101 for information or to order.

The GoCollege site on the Internet offers the Scholarship 101 "lite" version, with 1,200 sources of scholarships, for free. For a fee, all Scholarships 101 sources are available—$9 for 10 searches. The address is: http://www.gocollege.com.

BH&G Kids continues on page 234



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BH&G kids

continued from page 232

Good Study Habitats

Though your child may profess to feeling more "comfortable" doing homework while lying on her stomach in front of the television, your comfort level—and her productivity—will increase significantly with sound study surroundings.



Here are some suggestions for creating a homework area for your child, from the book *In My World* by Ro Logrippo.

- Establish a permanent area for homework. Make sure it's quiet, provides an appropriate work surface, and has comfortable seating and adequate lighting.
- If you have more than one student in your family, try to keep some distance between their work areas. This will help eliminate distraction and promote independence.
- Provide each child his or her own desk if possible. When shopping for a desk, have your child take along a tablet and pencils, so she can simulate tackling homework while testing out various furniture pieces. Observe how easily sections of the desktop are within her reach. Make sure the top is large enough, though, to accommodate all the

continued on page 236

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MAXIMUM STRENGTH RID®



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continued from page 234

texts, notebooks, folders, etc., needed to facilitate her assignments, as well as a good lamp.

- Especially for younger children, look for a desktop with a protective surface, such as laminate or melamine. These easy-care coverings are resistant to stains.
- Storage is an equally important component of your child's first desk. Look for easily manipulated drawers that can house paper, file folders, and writing utensils.

The desks shown here are attractive, durable, and guaranteed to get homework turned in on time (OK, maybe not). For buying information, see page 247.







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Hershey Foods Corporation

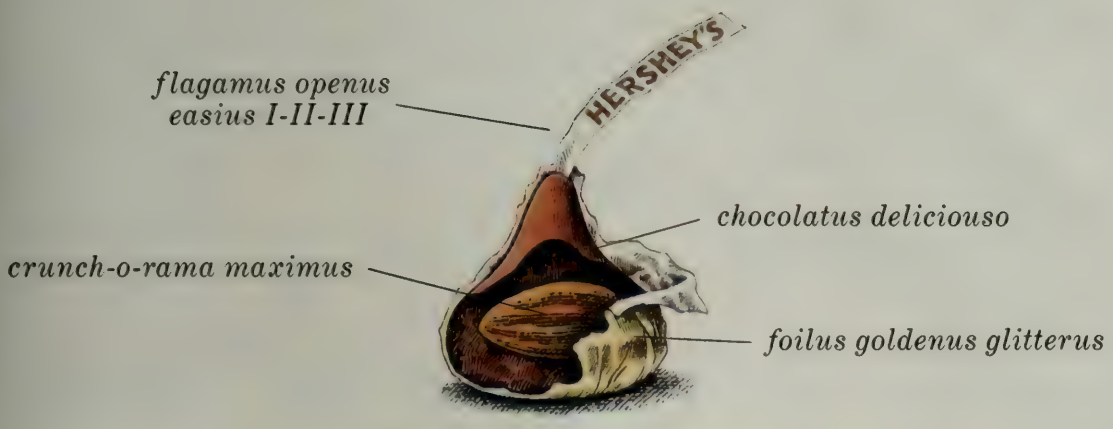


fig. 311–cross section of the snack popularis



Kids Who Eat Breakfast Perform Better In School.



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BH&G Kids

continued from page 236



The Best CD-ROM Encyclopedias

by Warren Buckleitner

It's 7:30 Thursday night and panic is setting in. Your daughter's report on whales is due tomorrow, and she's in tears. As you look over the dry collection of reference books she's assembled, you wish you had time to run to the library. Suddenly, you recall, "Didn't our new computer come with an encyclopedia on CD-ROM?"

Your daughter puts in the CD and types "whales" as a search word. A few seconds later, you're watching a video of a humpback coming up for air. Her eyes light up, and soon she's inserting charts, facts and whale statistics into her word processor. Despite the looming deadline, the panic is replaced by glee, especially when she discovers an Internet icon that leads directly to the World Wildlife Foundation's special bulletin on whales' endangered status.

Technology has made it possible for young researchers to have an entire set of current encyclopedias for around $50. These CD-ROMs let children easily search through tens of thousands of articles embellished with maps, time lines, video clips, and music. And, if your computer is hooked up to the Internet, you can jump directly to related sites, or update your encyclopedia's content with hot-off-the-press articles.

If you're getting ready to purchase an encyclopedia for your computer, here's some information that might help. We've evaluated the four leading choices: Compton's, Encarta, Grolier, and World Book. To decide which is best, each was compared on three typical school-report topics: terrorism, whales, and Madagascar.

The findings? For information on Madagascar, Encarta was the clear winner, providing a detailed article illustrated with pictures, a musical recording, and a link to a related Internet site. For whales, the winner was Compton's, which featured an extensive article along with 18 illustrations. Also impressive was World Book, with a substantial article, six different whale recordings, and nine whale-related Internet links. Encarta offered the most well-rounded coverage, with a shorter, rather generic article, but a wide range of pictures and recordings. For the subject of terrorism, both Compton's and Encarta went into the greatest depth and used large, clear pictures. Compton's also covered terrorism in the context of a time line and was the only resource to have video footage from Oklahoma City and the Japanese subway incident. Grolier and World Book only offered dry, academic articles.

The good news is that all four programs rated from "good" to "excellent" on our evaluation scale (*page 242*). Encarta was the overall favorite, closely followed by Compton's and World Book. Grolier, a solid encyclopedia, had a broad range of topics and

continued on page 242

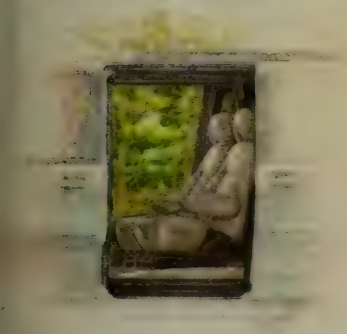
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b. Power sliding passenger door. Great for easy exits when your hands are full of picnic supplies. Opens with the touch of a button.



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Silhouette

Oldsmobile

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GLS model shown with available manual sliding driver-side door. Features referenced vary by model. *Excludes other GM products. 1-800-255-6537 www.silhouettevan.com

continued from page 240

was easy to use, but lagged behind in its depth of content and use of multimedia capabilities.

Before you buy, make sure your computer has the horsepower to run these programs. You'll need a Macintosh or Windows computer with at least 8MB of RAM and at least a 4 speed CD-ROM drive.

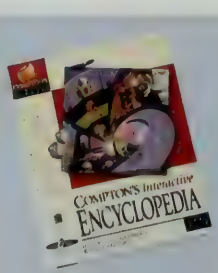
Hallmarks of a Quality Encyclopedia

If you have a chance to preview your family encyclopedia before you buy, look for the following qualities:

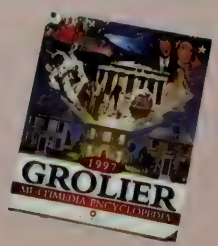
Easy to use. The initial installation should be simple. Menus must be intuitive and straightforward, with features that easily let you backtrack.

Current, accurate, plentiful content. Look up a subject you know well. Then ask, "Is there enough depth to the subject? Is it current and accurate?" Check to see if it is "linked" to other topics or Internet sites. Make sure there are enough pictures

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	Compton's	Encarta	Grolier	World Book
Title	Compton's Interactive Encyclopedia, 1997 by Compton's Home Library, 800/227-5609	Microsoft Encarta 97 Encyclopedia, by Microsoft Corp., 800/426-9400	1997 Grolier Multimedia Encyclopedia, by Grolier Interactive, 800/285-4534	World Book 1997 Multimedia Encyclopedia Deluxe Edition, by IBM Consumer Division 800/426-7235
Rating	★★★★½ Very Good	★★★★★ Excellent	★★★★ Good	★★★★½ Very Good
Price	$44.95	$54.95 $79.95 (2-CD version)	$59.95	$59.99 (2-CD version)
Browser	America Online 3.0 Microsoft Explorer Netscape Navigator	Microsoft Explorer Netscape Navigator	America Online 3.0 Netscape Navigator Microsoft Explorer	America Online 3.0 Netscape Navigator Microsoft Explorer Includes direct links to the Electronic Library
Platform	Win 95, Win 3.1 (CD-ROM);	Win 95, Win 3.1, Mac OS (CD-ROM)	Win 95, Win 3.1, Mac OS (CD-ROM)	Win 95, Win 3.1 (CD-ROM)
Madagascar	1,182 word article 1 flag 1 map 1 song (national anthem) 1 Internet link	2,822 word article 1 flag 1 map 2 songs (national anthem) 3 pictures 1 Internet link	1,258 word article 2 maps 1 song (national anthem) 3 pictures	1,534 word article 1 flag 1 map 4 pictures
Whales	7,179 word article 18 pictures 1 map 1 time line 1 Internet link	1,936 word article 4 pictures 1 chart 1 video 2 related visual collages 3 Internet links 2 whale recordings	1,418 word article 5 pictures 1 chart 7 related articles 1 whale recording	6,227 word article 3 pictures 1 chart of all whales 1 video 9 Internet links 6 whale recordings
Terrorism	1,214 word article 2 videos 26 Internet links	1,451 word article 2 pictures 1 Internet link	1,065 word article 5 related articles	675 word article 5 related articles 1 Internet link

MOST PARENTS OF BED WETTERS THINK THERE IS VERY LITTLE THEY CAN DO TO HELP.

Some 3 million children—10% of all kids between and 10—wet the bed twice a week or more. If our child is in school, chances are at least two of is classmates are in the same leaky boat. No hild should ever feel alone with this problem. ut, of course, they do.

The good news: More is known than ever efore that can help. Once, the only sure cure was me. 99.9% of our children leave this problem the dust as they grow. And now there are some ays you can give time a hand.

THE BEST BEGINNING

For starters, pediatricians know a lot more bout the causes of "enuresis" (that's the official nedical name for it) than they used to.

Doctors today deal with this problem all the ime. They have new techniques and sometimes nedicines that can help manage bed-wetting, f not eliminate it altogether.

Another advance since *we* were kids: Dispos- ble, absorbent underpants are now made for arger children, 45 to 85+ pounds. By helping our hildren sleep dry, these pants take a lot of the mess and stress" out of bed-wetting. Especially or the kids themselves.

TOMORROW CAN BE DIFFERENT

Thousands of families like yours now count on hese disposable underpants, created by the makers of Pull-Ups® training pants.

Pull-Ups GoodNites® absorbent underpants eliminate the rubber sheets and the laundry and much of the stress that make nighttime accidents into a bigger deal than they really are, and make our children feel small. Smaller than they really are.

GoodNites look a lot like plain white under- pants, except slightly thicker. They come in two sizes and even have a label in the back. The trim fit helps GoodNites underpants vanish discreetly under pyjamas, while the super absorbent middle is ready, just in case. In every detail, the GoodNites people have done everything possible to make these absorbent underpants respect our kids like the grownups they soon will be.

THE WAY THINGS SHOULD BE

If GoodNites underpants are new to you, now is the time to try them. You will rejoice that you did. Thousands more families every month are having success with GoodNites.

GoodNites are not a miracle, but there's nothing else like them. They help families keep bed-wetting in perspective. They help make dry mornings in crisp clean sheets routine. And make sleepovers and other normal, healthy, everyday kid things routine, too. The way they should be.

THESE BOOKLETS REALLY HELP

GoodNites underpants were developed with the help of pediatricians and other childhood specialists. You'll find much of their good advice in these little booklets. There's one for parents, and one to help your child be part of the solution, too. For copies, please send $1 for postage & handling to: GoodNites Guides, P.O. Box 1165, Maple Plain, MN 55592.



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continued from page 242

and video clips to make the subject meaningful.

Great searchability. Finding what you want should be no harder than typing in a word. Look for features such as "progressive searching" (the more letters you type, the more possible subjects are found). Make sure it has the standard options: atlas, dictionary, and time lines.

Easy exporting. It should be easy to cut and paste pictures, charts, and text to a word processor. Printing routines should also be straightforward.

Regular Updating. Monthly or bimonthly additions to the content should be available.

Overall Value. Given the price of the software, consider whether it is worth the money.

Note: Like automobiles, new editions of encyclopedias are released on an annual basis and are generally updated monthly via an Internet connection. The 1998 versions will be available this fall.

—Warren Buckleitner, a former teacher, is editor of *Children's Software Revue.*

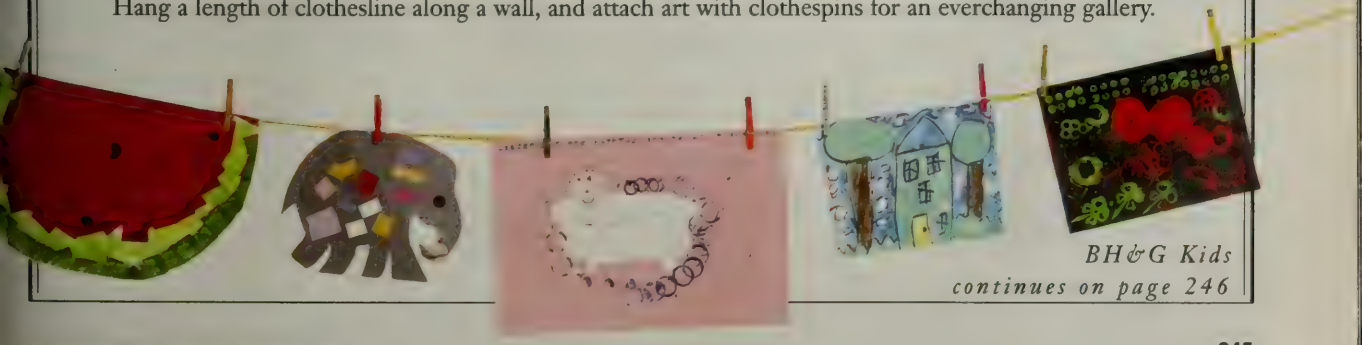
In Search of Smarts

Want to raise a smart kid? Before you can, you may need to relearn the true meaning of "smart." In Marge Kennedy's book, *50 Ways To Bring Out The Smarts In Your Kid,* she encourages parents to create "A" people, not "A" students. "Don't ask every child to peak in first grade," Kennedy suggests. "Allow your child to be who she is, and if, early on, she isn't terribly successful academically, this isn't a tragedy. The more important questions are: Will she grow up to be kind? Does she get along with people? Does she understand that she's very important, but not the center of the universe? Can she work? Is she honest? These attributes are at least as important to her future as whether she can read fluently by age 6." Here are a few ways Kennedy recommends parents can bring out their kids' "smarts":

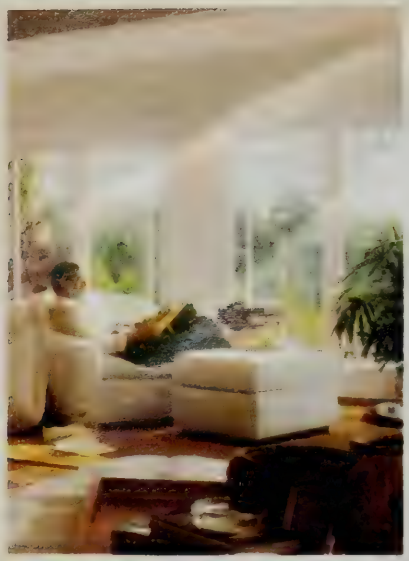
- Create a safe haven for your child. "He needs to be allowed to screw up," says Kennedy. Encourage experimentation and taking risks in learning new skills. Be matter-of-fact when pointing out errors on homework; don't approach mistakes from a "this is wrong" perspective. Remind him that doing anything well requires work.
- Allow boredom. "We are their parents, not their social directors," Kennedy says. Schedule downtime, a period to play with no obligations or rigid structures. Don't overreact to her lack of activity—staring at the ceiling may, indeed, involve deep thinking or planning. Keep materials handy that may inspire creativity—art supplies, old tools, etc.
- Help your child become a good problem solver. Play guessing games that involve estimating and predicting. Help him create new functions for everyday objects—how many ways can he use a shoebox? Encourage him in making reasonable choices: for instance, what color among five would he like to paint his room?
- Teach her to be honest—and not to fear telling the truth. Praise her honesty in admitting a wrongdoing, but don't let that virtue cancel out something like cutting up her playclothes. Help children, especially teens, understand that their honesty earns your trust. Then reward that trustworthiness by extending new privileges. Keep your cool when you suspect your child is lying, and help her understand the costs in dishonesty.
- Put the brakes on perfectionism. Help your child learn that one success—or one failure—will not cement his reputation. Remind him of all that he's done well. Thwart constant "fine-tuning" of a project by setting a deadline for revisions. Listen for areas of schoolwork where he's hardest on himself; help him determine why those areas in particular concern him most.

Hung Up On Art

Running out of refrigerator space? Here's a fun way to display all those masterpieces. Hang a length of clothesline along a wall, and attach art with clothespins for an everchanging gallery.



BH&G Kids continues on page 246



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B.H.&G. kids

continued from page 245

Book Score

Imagine a school year without bake sales, raffles, and saving labels. Thanks to an innovative new program, earning needed equipment for your child's school may be as simple as digging through its storerooms.

Follett Educational Services, the nation's leading distributor of used elementary and secondary school textbooks, will now swap your school's outdated or surplus textbooks for points that can be used to "purchase" classroom equipment. Through this Product Exchange Program, one point is assigned for every dollar's worth of a book's value on the used book market. The points can be exchanged immediately for new merchandise such as video recorders, fire extinguishers, or globes. Or, points can be accumulated over time for higher-ticket items like computers. Follett also will pay cash. The company even suggests that more expensive products earned by the schools could then be raffled off to raise money for class trips, band uniforms, or other major projects.

Follett has negotiated special merchandise agreements with several corporations, including Macintosh, Texas Instruments, 3M, and Microsoft. Schools can also redeem points for products from Follett sister companies—Follett Library Resources and Follett Software Company. This exchange program, or the purchase of used textbooks, is not available in states that prohibit the sale of used texts.

For more information, contact Follett Educational Services at 800/621-4272.

Buying Guide

continued from page 220

dining table, 2451-30 (James River); **Aitken armchair,** 8380-01 (Mount Vernon White); **Aitken side chair,** 8380-02 (Mount Vernon White); **chair fabric,** 510-73; **sideboard,** 2121-30 (James River)—Hickory Chair; for a dealer near you call 800/349-4579. **China,** "Charleston Garden"—Mottahedeh & Co., Inc.; for a store near you call 800/242-3050. **Four-tier centerpiece,** 8800; **camel and palm trees,** 180; 181—for a retailer near you write Great City Traders (address above). **Wicker rattan tree planter,** 1069-01 (Natural)—Palecek, P.O. Box 225, Richmond, CA 94808; 800/274-7730. **Area rug**—House of Persia/Moattar, Ltd. (address above). **Painting over sideboard,** "White Lily"—available through designers from Chelsea House (address above). **(*Bottom*): paint: walls,** MS100-6 (Soft Amber); **trim** (Platinum Interior Latex Satin Trim Gloss)—Martin-Senour Paints (address above). **Marrakesh single dresser,** 386-03 (Cinnabar)—The Lane Co., Inc. (address above). **Planter's chair,** 941 (Amber Mahogany, 100); **Tiffin table,** 9230 (Tortoise Shell)—The Pearson Co. (address above). **Newport twin sleigh bed,** 9080-28 (Cinnamon, 26); **Sparta chair at writing table,** 857-40 (Raffles, 142)—Lane Venture, P.O. Box 849, Conover, NC 28613; 704/328-2271. **Regency writing table,** 5210-19 (Medium Regency)—Hickory Chair; for a dealer near you call 800/349-4579. **Duvet and Roman shade fabric,** "Cabin Plaid" (Laurel) 602422—Waverly; 800/423-5881. **Floor lamp,** B180Y; **lampshade,** (Yellow)—Frederick Cooper; for a dealer near you call 773/384-0800. **Globe bookends,** 380—for a retailer near you write Great City Traders (address above). **Clock,** "Pearson," 620-126—Howard Miller Clock Co., 860 E. Main Ave., Zeeland, MI 49464; 616/772-9131. **Wicker rattan tree planter,** 1069-01 (Natural)—Palecek, P.O. Box 225, Richmond, CA 94808; 800/274-7730.

Page 180 (*top left*): paint: walls, MSW610540 (Russell House Green); **trim** (Platinum Interior Latex Satin Trim Gloss)—Martin-Senour Paints (address above). **Vintage-style telephone**—The Pottery Barn, Mail Order Dept., P.O. Box 7044, San Francisco, CA 94120-7044; 800/922-5507. **(*Center*): lavatory bowls**—Barclay Products, Ltd. (address above). **Vanity cabinets,** "Hallmark Recessed Beaded Square" (Nordic White)—Wood-Mode, Inc. (address above). **Lavatory faucets**—Price Pfister, Inc. (address above). **Solid-surface countertop,** "Solid Collection" (Arctic)—Formica Surell Corp. (address above). **Cabinet pulls**—Baldwin Hardware Corp. (address above). **(*Right*): conventional/convection wall oven,** "Built-in Single Oven" (Almond)—GE Appliances (address above).

Page 181 (*top left*): ceramic tile—Florida Tile Ind., Inc. (address above). **Faucet handles,** "Acryllic Swirl"—Price Pfister, Inc. (address above). **Tub skirting**—Wood-Mode, Inc. (address above). **(*Center*): pedestal lavatory,** "Sussex"—Barclay Products, Ltd. (address above). **Faucet handles,** "Acrylic Swirl"; **high-rise faucet**—Price Pfister, Inc. (address above). **Fern wallpaper,** from the Natural Surroundings Collection—Eisenhart; for a retailer near you call 800/931-9255. **(*Right*): paint: underside of staircase,** MSW610540 (Russell House Green); **trim** (Platinum Interior Laxtex Satin Trim Gloss)—Martin-Senour Paint (address above).

BH&G KIDS

Pages 223-246: all clothing—Hanna Andersson; for a catalog call 800/222-0544.

Page 234: Stanley Furniture Desk and Hutch; for a catalog call 540/627-2000.

Page 236 (*top*): Skandia Shelving Kids' Desk—Container Store; for locations or mail order call 800/786-7315. Available in natural marble (*shown*) or white. **(*Bottom*): white desk, hutch, and bookshelf** (assembly required)—Sauder; 800/523-3987. **(*Lower left*): adjustable computer center**—Little Tikes; 800/321 0183.

DINNERTIME EXPRESS

Page 183: napkin by Muriel Grateau—Belvedere, 948 North Rush St., Chicago, IL 60611; 312/664-4200. **Yellow liner plate,** "Cucina Fresca"—Vietri, Inc., P.O. Box 460, Hillsborough, NC 27278; 800/277-5933.

Pages 184-185: napkin by Muriel Grateau—Belvedere (address above). **Plates,** "Lusterware"—Swid Powell; for a store near you call 800/808-SWID.

Page 186 (*top*): plate, "Shell Edge" available from Harley Greens & Co.—Pineapple, Inc.; 800/865-0695 to the trade.

Page 189 (*bottom*): napkin, "Botticelli"—Laure Japy, 800/641-4808

Page 191 (*top*): creamware plate, "Gainesborough" by Crown Ducal—Belvedere (address above).

Page 192 (*top*): platter, "Figare"—Laure Japy; 800/641-4808. **(*Bottom*): plate,** "Lusterware"—Swid Powell; for a store near you call 800/808-SWID.

READER SHOPPING

Page 118: Peony Collection—Van Bourgondien Brothers, 245 Rt. 109, Babylon, NY 11702.

Page 250: Pumpkin Carving Kit—Pumpkin Masters, Inc., 3221 Stuart St., Denver, CO 80212.

Architects & Designers

WELCOME TO MY ISLAND

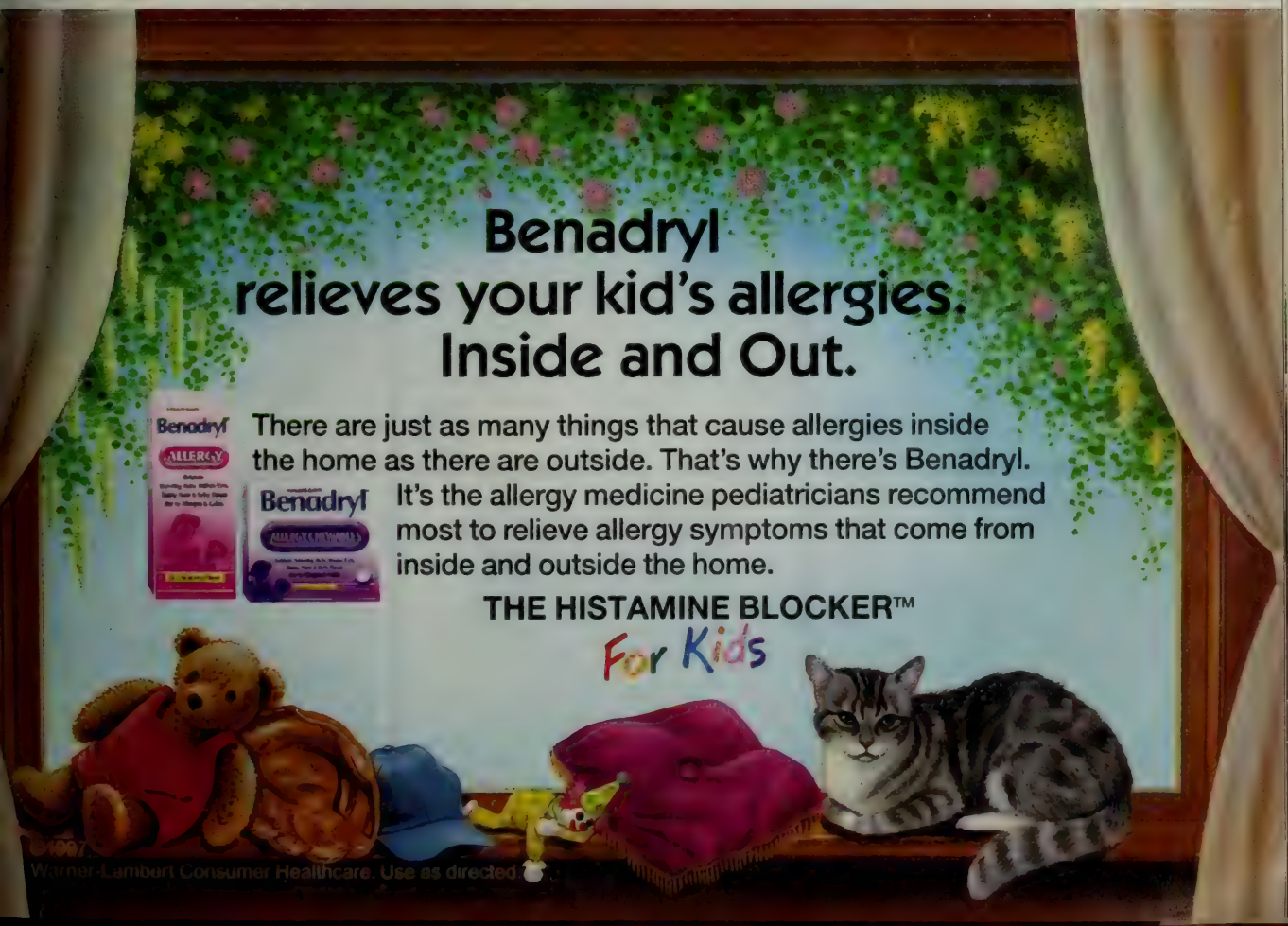
Pages 58-60: architect—Kerry C. Norwalk, 31444 Flying Cloud Dr., Laguna Niguel, CA 92677; 714/493-0212. **Home builder**—Sherry Kemper, Kemper Custom Builders, 8510 Evergreen Ave., Indianapolis, IN 46240; 317/726-2360.

Page 62: designers—Kathy and Lisa Koutsky, Portobello Designs, Inc., 1128 Harmon Pl., Ste. 102, Minneapolis, MN 55403; 612/338-1802. **Builder**—Lake Country Builders, Inc., 339 Second St., Excelsior, MN 55331; 612/474-7121.

Page 64: builder—Parade Remodel & Design, Inc., 1038 Ferris St., NW, Grand Rapids, MI 49504. **Kitchen designer**—Doug Burgess, Dimensions Kitchen & Bath, 6270 28th St., Grand Rapids, MI 49546; 616/942-8111. **Interior designer**—Kim Waltman, 7251 Driftwood, SE, Grand Rapids, MI 49546.

HOME OF THE YEAR

Pages 167-181: architect—Stephen Fuller, Design Traditions, 1200 Ashwood Pkwy., Atlanta, GA 30338; 770/671-9100. **Builder**—McAfee Properties, 228 Church St., Marietta, GA 30050; 770/428-3699. **Landscape architect**—Alec Michaelides, Land Plus Assoc., Ltd., 900 Ashwood Pkwy., Ste. 120, Atlanta, GA 30338; 770/395-0222.



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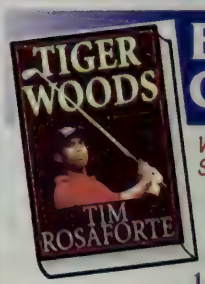
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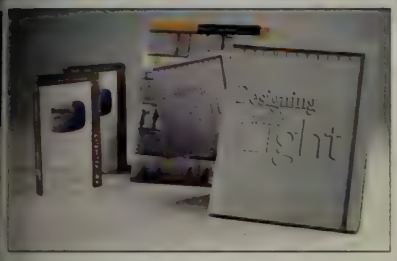
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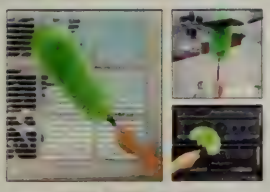
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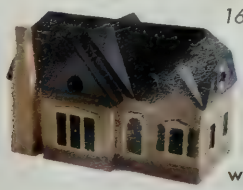


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24 25

Inspired by the Home of the Year



Here's a project for the birds: It's a birdhouse version of our Home of the Year (*pages 167 to 181*). The overall size is about 12×5×8 inches and includes a bird compartment about 5×5 (sized for wrens and chickadees). The nesting compartment can be removed easily for cleaning. The **Anniversary Birdhouse Project Plan** contains a list of materials, construction diagrams, full-size patterns, and instructions.

TO ORDER with your Mastercard, Visa, or American Express, call 800/881-4066. To order by mail, send a check for $16.95 to *Better Homes and Gardens®* Reader Shopping Service, Dept. 9709, Box 9128, Des Moines, IA 50306-9128. The plan price includes shipping, handling, and tax.

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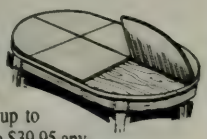
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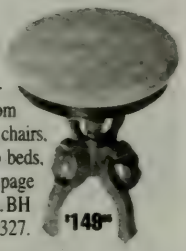
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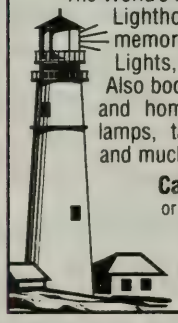
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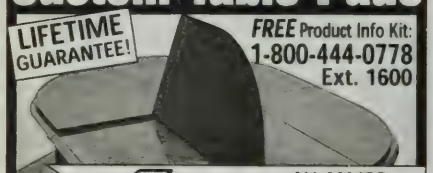
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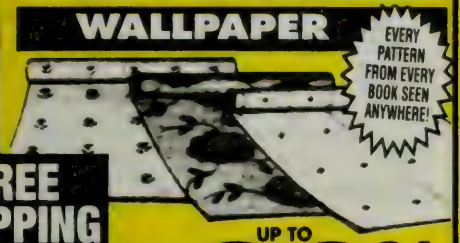
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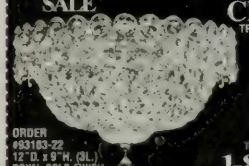
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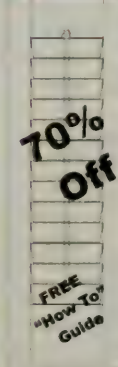
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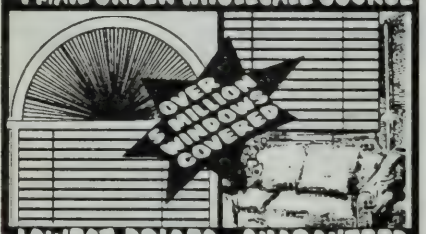
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SEPTEMBER 1997



"The doctor's nurse's aide's assistant can see you now."



"Dad, what does 'deleted' mean?"

Our daughter Rosemary thinks her college's new rule that all students carry photo I.D.'s for security reasons is archaic. She and her roommate think it'd be much more hip to simply tattoo their names on their shoulders.

Lee Bayless has discovered that the penalty for not having a current license plate sticker on your car is a full day of waiting in line at the Department of Motor Vehicles.

Ned Carter thinks there's a definite link between today's proliferation of computers and attorneys. "It stands to reason that the more we know," he says, "the more there is to argue about."

I can't figure out how the world keeps getting smaller, yet the cost of getting around in it just keeps on expanding.

Burt Jr. was disappointed the other day to learn that his biology-class topic of "cellular behavior" was not a discussion of portable telephone etiquette.



"Is cloning something like being born again?"

Banker Helen Newsome is a firm believer that success is often defined by being in the right place at the right time, the same rule that Elaine Cowan says applies to hearing the best gossip.

Hardware store owner Dale Goebel concedes that the Internet provides an almost unlimited source of information and advice, but he says he's been supplying the same service for years.

Burton Hillis

7 October

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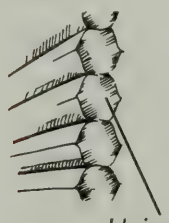


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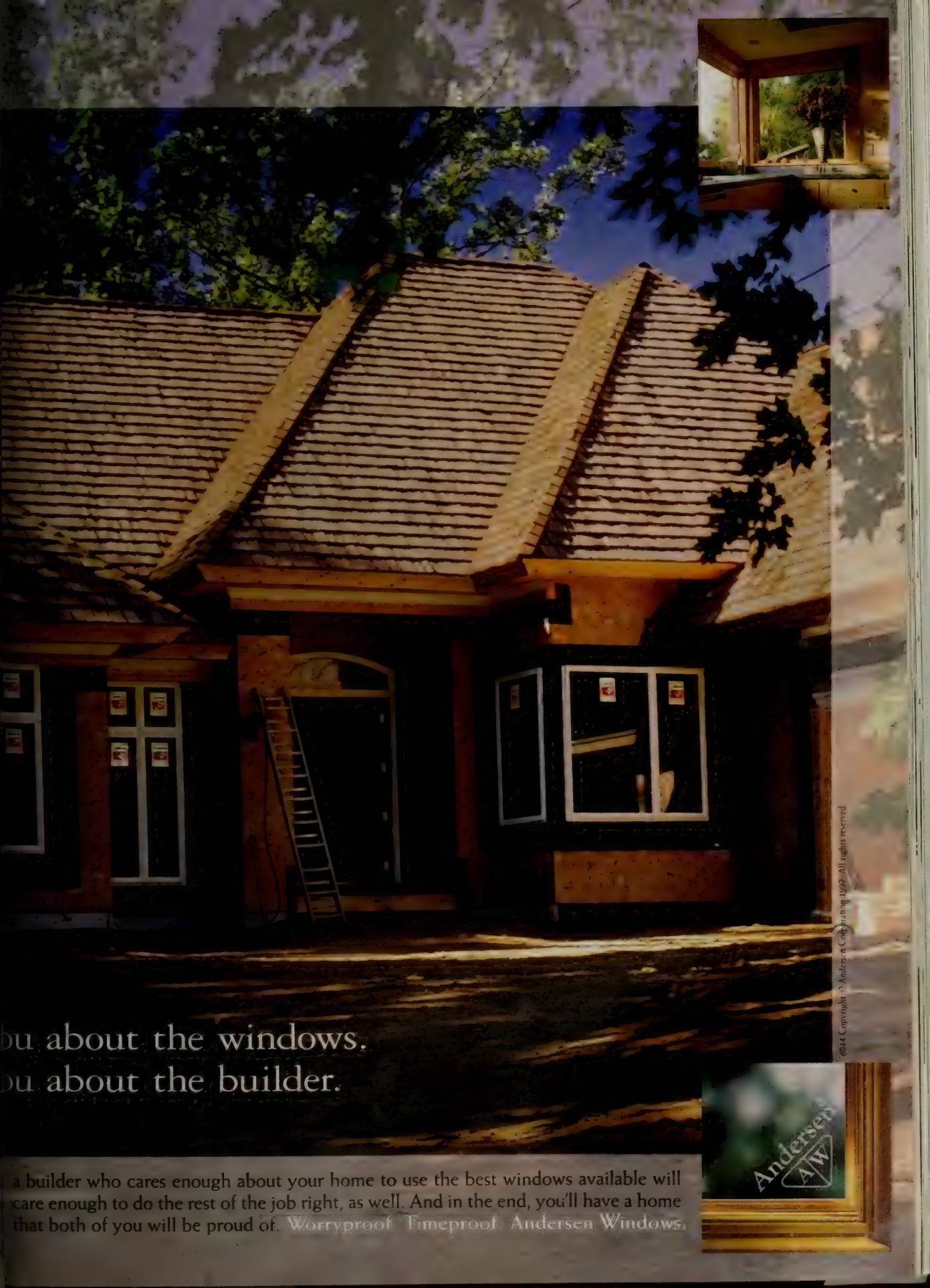
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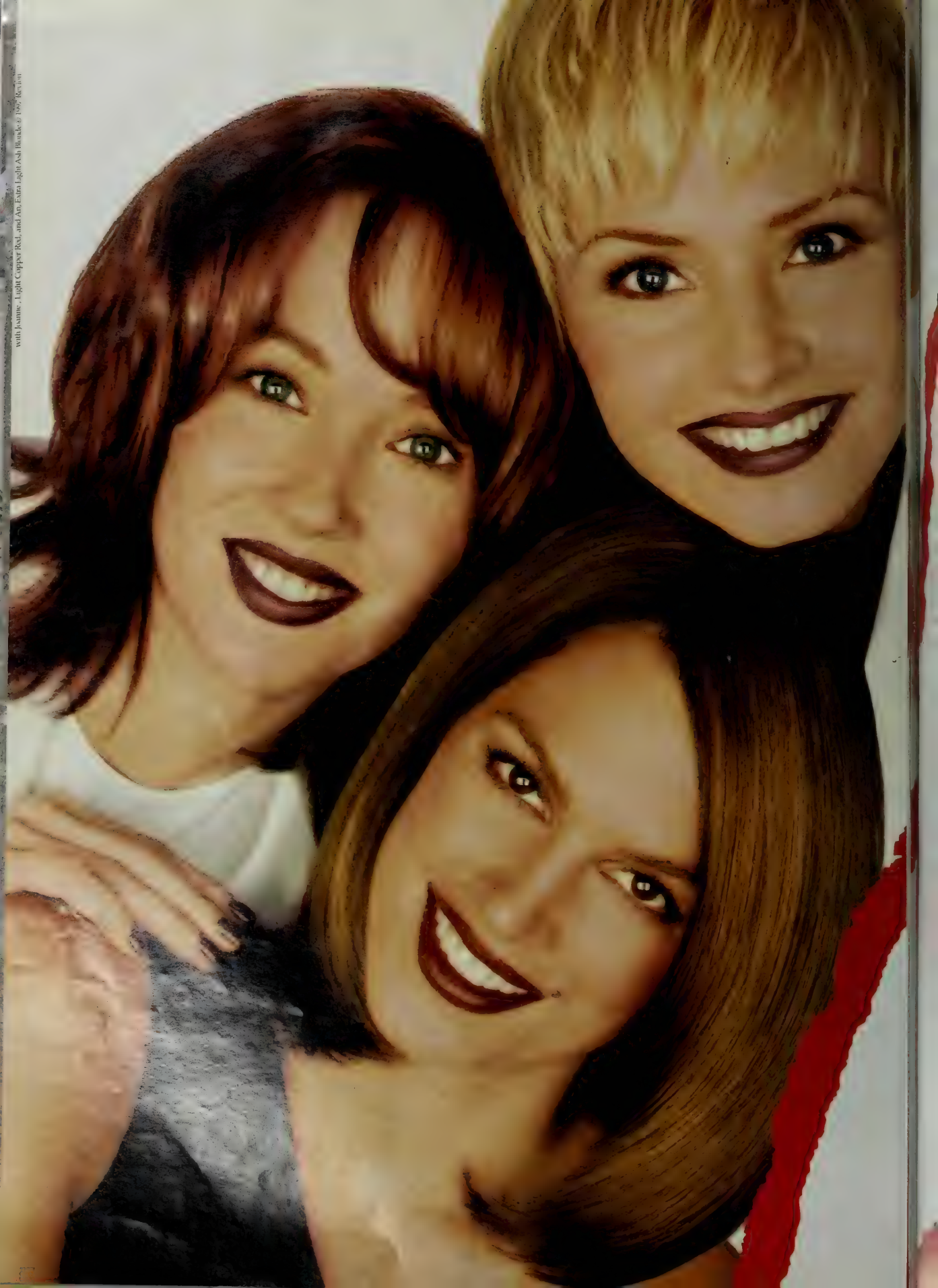
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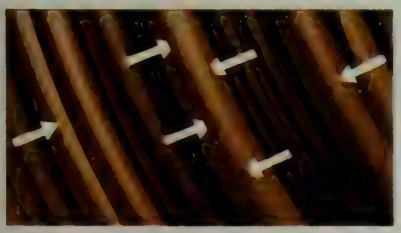
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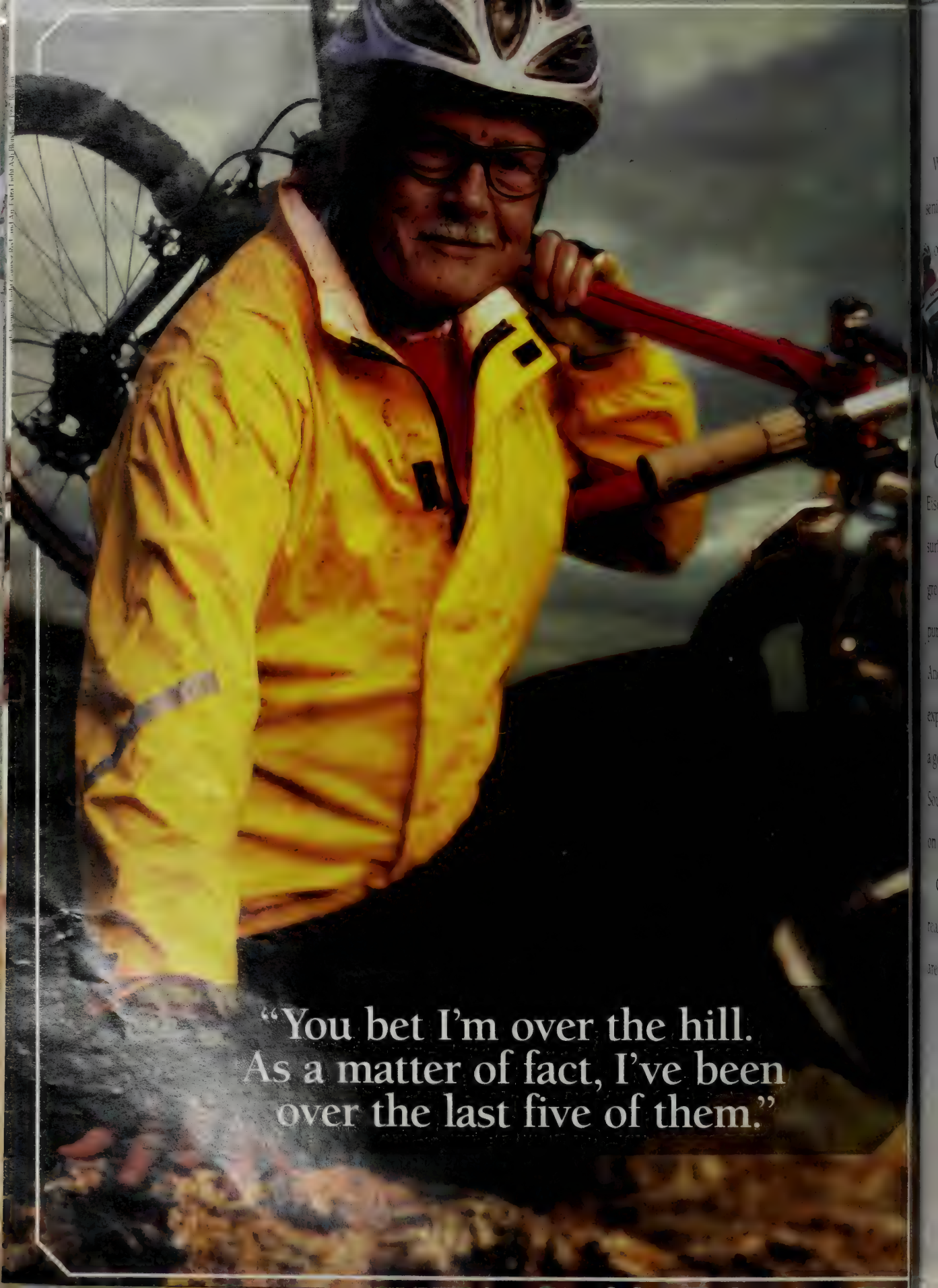
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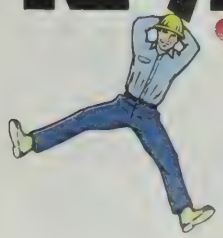
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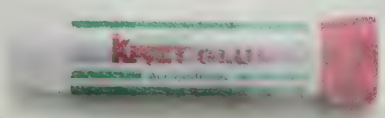
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ANDY LYONS

If asked whether my cup is half full or half empty, my natural inclination is always to say half full. That is until the situation involves the transition from summer to fall. Then I'm definitely the half-empty type—a certified Ms. Gloom 'n' Doom.

While I appreciate the beauty of colored leaves and enjoy the bite in the air, I agonize over the end of another growing season. For me, putting my garden to bed each fall is like saying good-bye to a friend who will be spending six months out of the country and out of touch.

Come fall, the garden tools get put away. But then it's time to take up the tools of my second favorite pastime, needlework. And, this year, my first project will be our *Better Homes and Gardens®* Anniversary Sampler (shown *below* and available on *page 84*).

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Spooky Scrolls

Wanting to do something different for Halloween last year, my wife and I wrote a very short ghost story together. We typed it up, ran off copies, and decorated each with inexpensive Halloween stamps. Then we rolled them up and tied them with black and orange ribbons. After stapling a piece of candy to each end, we passed them out to about 30 neighborhood goblins.

Rusty Fischer
Cocoa Beach, Fla.

Aunt Shares Puppy with Her Niece

My 6-year-old niece always wanted a puppy, but her dad's travel schedule wouldn't allow it. One day I bought a Yorkshire terrier and told Katie that she and I could share Feebe, but that the dog would live with me. It's been over a year now. Katie is still excited about her pet, I spend more time with my niece, and Feebe is thrilled to have two families.

Bethany Bloemer
Sikeston, Mo.

Ring For Your Teen's Attention

My sister and I both have teenage daughters who spend quite a bit of time upstairs in their rooms listening to music. They would never hear us when we called, so my sister suggested we buy portable doorbells. I keep the button in the kitchen or recreation room at night and ring the doorbell, which plugs into any socket, whenever I need to speak to her or let her know she has a phone call.

Arlene Dolce
Roseland, N.J.

Creativity Box Keeps Kids Happy

My children always want me to entertain them. I give them a box with odds and ends, scrap material, glue, scissors, ribbon, markers, paper, paint, rocks, wiggle eyes, etc. Their minds and creativity go wild.

Joycelyn Riffle
Weston, W.Va.

Which Side Is the Gas Tank On?

We're a multiple-car family, and I

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WIN A TRIP FOR THREE TO NEW YORK CITY!

ENTER THE SIXTH ANNUAL UNICEF "KIDS HELPING KIDS" GREETING CARD CONTEST

Round up your little artists and help the U.S. Committee for UNICEF help children everywhere. Here's how:

- Drop by any Pier 1 Imports® store beginning September 1 and pick up a free UNICEF Greeting Card Contest entry packet.
- On the blank front, kids 13 and under should draw a picture that depicts this year's theme, "Kids Helping Kids," selected in honor of the 50th anniversary of the U.S. Committee for UNICEF. Children are asked to depict their holiday wishes for the millions of children around the world who benefit from UNICEF-assisted programs.
- Entries will be judged based on creativity and quality of expression. All entries will be judged by representatives of Pier 1 Imports®, Better Homes and Gardens®, and the U.S. Committee for UNICEF.
- One winner will be selected in two age groups: 8 through 13, and 7 and under. These winners, along with two adult family members each, will win a trip to New York City. The two winning cards will be printed by UNICEF and sold exclusively at Pier 1 Imports® stores during the 1998 holiday season.
- All entrants' cards will be displayed and made available for sale at a U.S. Committee for UNICEF Benefit. Proceeds from the sale of the child's one-of-kind card will go directly to the U.S. Committee for UNICEF. All unsold cards will be distributed and displayed by select U.S. Committee for UNICEF offices.
- Entries must be received by October 30, 1997.
- For the Pier 1 Imports® store nearest you call 1-800-447-4371.
- This contest is governed by rules and regulations which are set forth in the entry packet and below.

Sponsored by the U.S. Committee for UNICEF, Better Homes and Gardens® and Pier 1 Imports®, the largest retailer of UNICEF Holiday Greeting Cards worldwide.

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1997 OFFICIAL CONTEST RULES–NO PURCHASE NECESSARY 1. All children ages 13 and under who are U.S. residents are eligible to participate, with the exception of children of employees of the United Nations, UNICEF, Inc., U.S. Committee for UNICEF, Pier 1 Imports® and Meredith Corporation. 2. Beginning September 1, 1997, official entry kits can be obtained free, no purchase necessary, by visiting any Pier 1 Imports® location in the United States. For the location of your nearest Pier 1, call 1-800-447-4371. If you are unable to visit a Pier 1 Imports® location you may obtain an entry kit by calling 1-800-245-4595. For hearing impaired call 1-800-754-3251. 3. Pencil, pen, crayon, color markers and paints are permitted. Computer or other machine-generated artwork will not be accepted. Artwork must be original, not previously published and not copied. Entries will be judged on creativity and quality of expression, depicting this year's theme "Kids Helping Kids." 4. Only one entry per child. Entries and associated copyright become property of the U.S. Committee for UNICEF and will not be returned. 5. Affix first-class postage on the supplied envelope and send the Official Entry Kit to "Kids Helping Kids," Pier 1 Imports®, P.O. Box 961020, Fort Worth, TX 76161-0020. Entries returned directly to Pier 1 Imports® stores will not be accepted. 6. All entries must be received by October 30, 1997. Winners will be selected and notified by phone by November 3, 1997. For a list of prize winners, send a separate, self-addressed, stamped envelope to UNICEF Contest Winners List, Better Homes and Gardens® Marketing Services Dept., 125 Park Ave., New York, NY 10017, before December 31, 1997. 7. Two grand prizes will be awarded, one each in age groups 7 and under and 8 through 13. Each grand prize consists of round-trip coach airline tickets from the continental U.S. airport nearest to the winner's residence to New York City and one hotel room for three nights for each winner and two adult family members, plus each winner will receive $500 expense money. Prizes donated by Better Homes and Gardens®. Prize winners are responsible for all expenses not listed in these rules. Flights and accommodations subject to availability. Certain restrictions may apply. Trip must be taken to coincide with the U.S. Committee for UNICEF Benefit and Award Reception tentatively scheduled for November 1997. Winners' parents or legal guardians will be required to sign an affidavit of eligibility acknowledging compliance with these rules and an agreement to execute any documents deemed necessary to confirm copyright. A liability release must be signed by the winner's parents or legal guardians and travel companions. Receipt of these signed documents is a condition of delivery of the prize to the winner. By entering, all cards, artwork and related rights of copyright become the property of the U.S. Committee for UNICEF. All individual entries will be offered for sale at the U.S. Committee for UNICEF Benefit and Award Reception tentatively scheduled for November 1997. All sale proceeds will be contributed to UNICEF-assisted projects for children. 9. All unsold cards will be distributed and displayed by select U.S. Committee for UNICEF offices, or disposed of at the discretion of Pier 1 Imports® and Better Homes and Gardens® 10. The winning cards will be printed and sold by the U.S. Committee for UNICEF and are subject to modification and modification. Pier 1 Imports® will have the exclusive right to reproduce and sell the winning cards through its stores during the 1998 holiday season and also the right to use reproductions of winning cards as Pier 1 Imports® official corporate greeting cards for the 1997 holiday season. The proceeds from all such sales will be contributed to the U.S. Committee for UNICEF. 11. Subject to all federal, state and local laws and regulations. Void where prohibited. Applicable taxes, if any, are the responsibility of the winners. Approximate value of each Grand Prize is $3,100. Prizes are nontransferable. No prize substitutions or redemptions. The decision of the judges is final. 12. Entry constitutes agreement with all of the foregoing rules and terms and also constitutes permission to use winners' names, likenesses, contest card entries, artwork and winners' hometowns for promotional purposes except where prohibited by law. 13. U.S. Committee for UNICEF, Pier 1 Imports (U.S.), Inc., and Better Homes and Gardens® are not responsible for lost, stolen, illegible, late, incomplete or misdirected entries. Entry constitutes agreement to hold the U.S. Committee for UNICEF, Pier 1 Imports (U.S.), Inc. and Meredith Corporation harmless from and against any and all damages, liability, losses and expenses arising out of this contest or acceptance or use of the prizes. 14. This contest offered in the United States. Residents of Alaska, Hawaii and Maine can call 1-800-245-4595 for an entry packet. For hearing impaired call 1-800-754-3251. 15. A copy of the latest financial report and registration for the U.S. Committee for UNICEF may be obtained by writing to: U.S. Committee for UNICEF, 333 East 38 Street, New York, NY 10016, or Charities Bureau, Office of Attorney General, 120 Broadway, New York, NY 10271.





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Family Network

continued from page 22

always seem to get the car that needs gas. I was never able to remember which side the gas tank was on, no matter which car I was driving. So I placed small self-stick dots above the gas gauges indicating the side each gas tank is on. Now I always park on the correct side of the pump.

Wanda J. Endlich
Chillicothe, Ohio

Keepsake Lamp Lessens Toy Clutter

When my daughter outgrew her miniature toys, she didn't want to part with them. As a surprise, I bought an inexpensive ginger jar lamp with a clear glass base. I turned the lamp upside down, unscrewed it, and filled the base with her entire collection. Someday, when she has children of her own, she can open the lamp on a rainy day and share part of her childhood with them.

Helen Carr
Indianapolis, Ind.

Count Blessings by the Clock

When standing in a waiting line or traveling long distances in the car, have your kids count their blessings every time the clock reads the same number straight across. At 2:22, for example, they have to mention two things that they're thankful for, proud of, or happy about. They're faced with a challenge when the clock reads 12:12, since they must name 12 things. It's a fun, constructive way to pass the time.

Deirdre Nesko
Narberth, Pa.

Mom Shares Secrets of Three Honor Students

I'm lucky to have three children, ages 17, 15, and 12, who are honor students. I believe the main reason my children do so well in school is that I've always told them that their grades aren't important to me, but that I do expect them to behave, listen, and respect their teachers. If they don't they'll be punished. This rule has always been enforced, and it has paid off.

Barbara Planos
Port Jefferson, N.Y.

The Benefits of Moving

My daughter and her family moved across the country about a year ago, and the children were upset. I wrote to them about all the moves in my life, involving 28 houses, five schools, and six states. I finished by noting that if I'd not made one particular move, I'd never have met their grandfather and be their grandmother. It gave them much to think about.

Ruth Gorton
Staunton, Va.

Bedtime Ritual Builds Confidence

At night after my 3-year-old son says his prayers, I ask him why he's proud of himself. Then I tell him what I'm proud of today, and something that's made me proud of him. We both fall asleep feeling good.

Aimee Roiz
Meadville, Pa.

Attend City Meetings in New Town

Attend a city council meeting in your new town before actually moving there. You'll learn about current issues and meet a few new people.

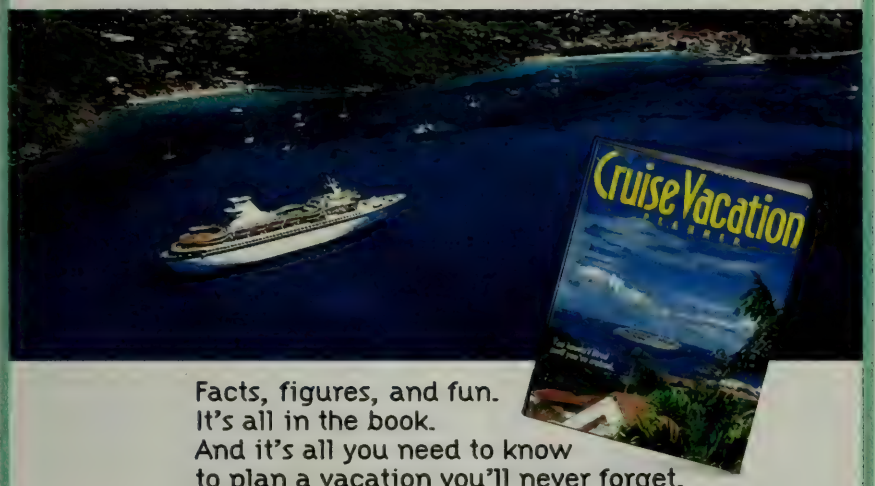
Kathy Berkey
Whitehouse, Ohio

Write to Us

Do you have an innovative solution to a problem in your family, neighborhood, or community? Family Network would like to hear from you. Write to: Family Network, *Better Homes and Gardens®*, 1716 Locust St., Des Moines, IA 50309-3023. Please keep replies to 100 words or less. Letters may be edited for space. All letters become the property of *Better Homes and Gardens®*. We will pay $50 for each idea published, if you provide your Social Security number.

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Picture yourself in an ad in Ladies' Home Journal® *and* Better Homes and Gardens®!

Now Milk's adding more than great taste and important nutrients to your recipes. Send us your best milk recipe for a chance to win $5,500 and picture yourself as a milk mustache celebrity in a national ad. Send as many entries as you wish by following the instructions on the Official Entry form below.

MILK
Where's *your* mustache?

CONTEST RULES: 1. HOW TO ENTER: NO PURCHASE NECESSARY. To enter, complete the Official Entry Form or print your name, address, daytime phone number and recipe category on a postcard or to enter electronically, access the BH&G and LHJ magazines' web pages at http://www.bhglive.com and www.lhj.com and complete entry recipe form. Mail to: "Best Milk Recipes in America" Recipe Contest – LS100, 1716 Locust St., Des Moines, IA 50309-3023. You may enter as many recipes as you wish. Contest begins on September 12, 1997. Mail-in entries must be postmarked by November 11, 1997 and received by November 17, 1997. E-mail entries must be received by November 10, 1997 at midnight, EST. Meredith Corporation assumes no responsibility for lost, late, illegible, or misdirected entries or mail. **2.** ELIGIBILITY: Contest open to legal residents of the U.S.A. who are 18 years of age or older, except empioyees of Meredith Corporation, MILK PEP, Bozell Worldwide and their agents, affiliates, subsidiaries and their immediate families or persons residing in the same household. Contest void wherever prohibited. **3.** WINNER SELECTION: Winners will be selected on January 31, 1998. Winners will be notified by mail and prize delivered on March 3, 1998. Entries must be original and not previously published. One winner will be selected from each category: Snacks and Appetizers, Breads and Baked Goods, One-Dish Meals/Casseroles, Beverages (hot and cold), Main Dishes, Side Dishes, and Desserts. All recipes must include at least 1/2 C. of skim or 1% milk. Recipes will be judged equally on originality, taste, ease of preparation, visual appeal and nutritional analysis. All entries and materials submitted become the property of Meredith Corporation and will not be returned or acknowledged. All rights, title and interest, including copyright rights of winning entries, belong to Meredith Corporation. Meredith Corporation reserves the right to edit, adjust, modify, abridge, condense and excerpt entries. Judging will be conducted by the Better Homes and Gardens® Test Kitchen. The decisions of the judges are final and binding in all respects. Entrants agree to be bound by these rules. Grand Prize Winner may appear in milk mustache ad. The awarding of any prize is contingent upon full compliance with the official rules. **4.** PRIZES: (1) Grand Prize awarded from among all 7 categories: $5,000; (7) First Prizes awarded to each of the remaining categories: $500 cash award for each winner. One prize per immediate family. **5.** GENERAL: Entry constitutes permission to use winner's entry, name, hometown, likeness, photograph, and statements regarding this contest, for editorial, public relations, promotional and advertising purposes on behalf of Meredith Corporation and Milk PEP without compensation, unless prohibited by law. Winners will be required to sign an Affidavit of Eligibility, Assignment and Release of Liability within ten (10) days of notification or an alternative winner will be selected. By participating and winning a prize, winners release Meredith Corporation, Milk PEP, Bozell Worldwide and their agents, affiliates, subsidiaries and their respective directors, officers and employees from any and all liability with respect to the prize. Meredith Corporation not responsible for phone, technical, network, electronic, computer, hardware or software failures of any kind, misdirected, incomplete, stolen, garbled or delayed internet/e-mail/computer transmissions. Subject to all federal, state and local laws and regulations. Taxes on prizes are the sole responsibility of the winners. No prize transfer or substitution. **6.** PRIZE WINNERS' LIST: For a list of prize winners, available after March 3, 1998, send a separate, self-addressed, stamped envelope to: Nancy Coles, Meredith Corporation, 125 Park Avenue, New York, NY 10017

OFFICIAL ENTRY FORM

YES! **Enter the "Best Milk Recipes in America" recipe contest. You could win up to $5,500 and will be featured in a national milk ad. Submit one entry form per recipe.**

Name _____

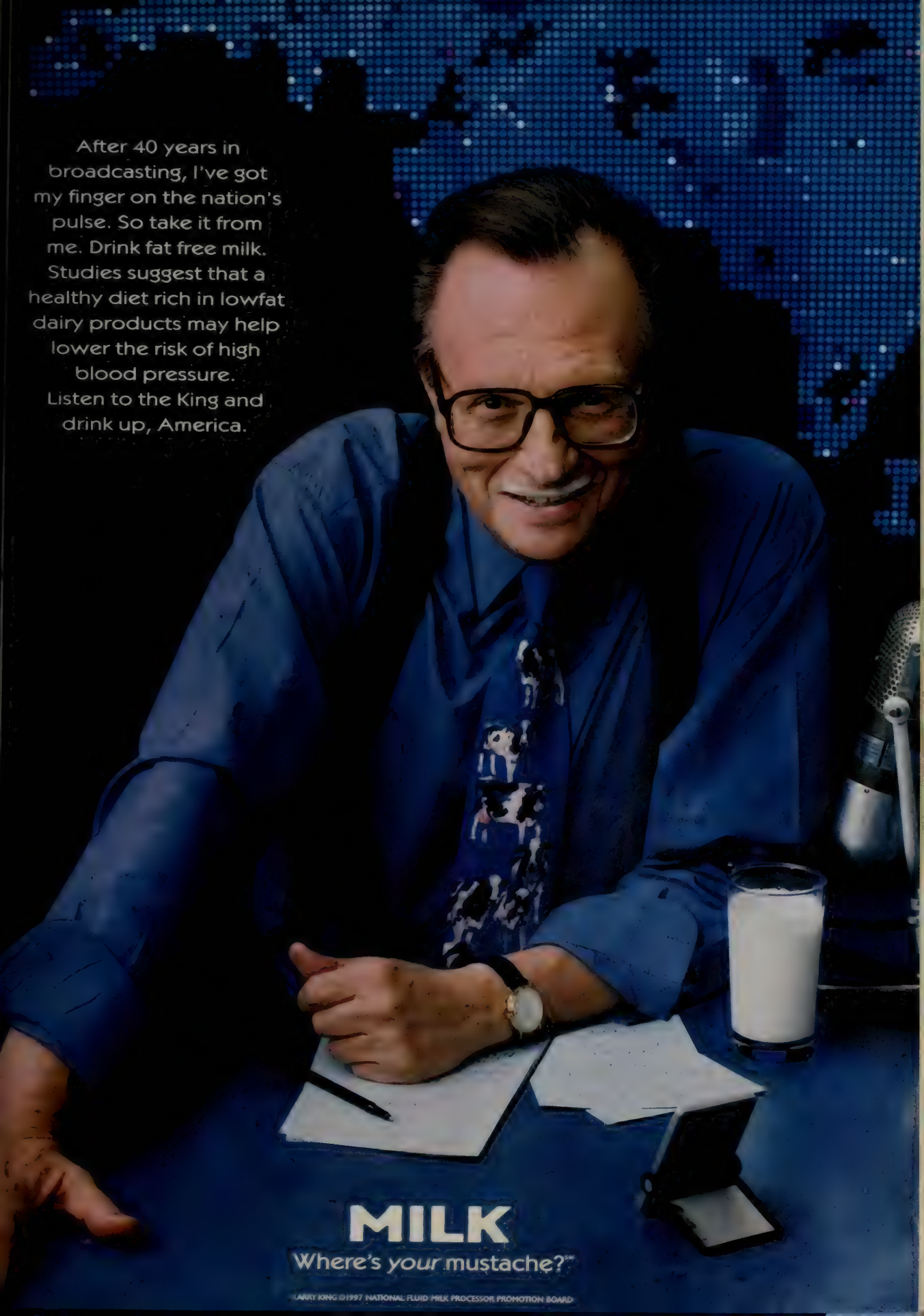
Address _____

City _____ State _____ ZIP _____

Recipe category: ❑ Snacks & Appetizers ❑ Breads & Baked Goods ❑ One-Dish Meals/Casseroles ❑ Beverages (hot & cold) ❑ Main Dishes ❑ Side Dishes ❑ Desserts

TO ENTER (read rules for complete information): **1.** For each recipe entry, complete this form or print your name, address, daytime phone number, and recipe category on a postcard. **2.** Attach this form or a postcard to the back of each recipe entry. Mail to: "Best Milk Recipes in America" Recipe Contest – LS 100, 1716 Locust St., Des Moines, IA 50309-3023.

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Winnie the Pooh the Whole Year Through

First-Ever Winnie the Pooh Perpetual Calendar

For the *very first time* in collector's plate history, everyone's favorite bear, Winnie the Pooh, is yours the whole year through on a perpetual calendar that's available only from the Bradford Exchange!

From January's happy sledding party right on through to December's jolly holidays, there's never been a year as much fun as this one! Because every month brings you exciting new adventures to share with Pooh, Tigger, Eeyore and Piglet.

There are 12 "honey pot"-shaped plates—a different scene for every month, making your calendar an ever-changing celebration all the year through. This hand-numbered limited-edition comes with 33 date tiles, 6 blank tiles, and 14 special tiles to mark holidays and birthdays. FREE** $75 value, beautifully finished hardwood perpetual calendar display is the perfect finishing touch.

Each plate in the *Winnie the Pooh the Whole Year Through* perpetual calendar series comes with a Certificate of Authenticity and is backed by the Bradford Exchange 365-day money-back guarantee. But time is of the essence—this unique collectible of everyone's favorite bear is sure to go quickly at the $29.95 per plate issue price. Send no money now! Just mail the coupon today.

FREE! $75 value—hardwood perpetual calendar display!



Calendar includes 33 hardwood date tiles, 6 blank tiles and 14 "special day" tiles.

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Exclusively from the Bradford Exchange







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Words to Live By

Sure, a picture is worth a thousand words. But we've found a way to make just a few words establish character in a room. For these projects, word-inscribed fabrics and wall coverings, old letters, even chalkboard scribblings speak volumes about style.

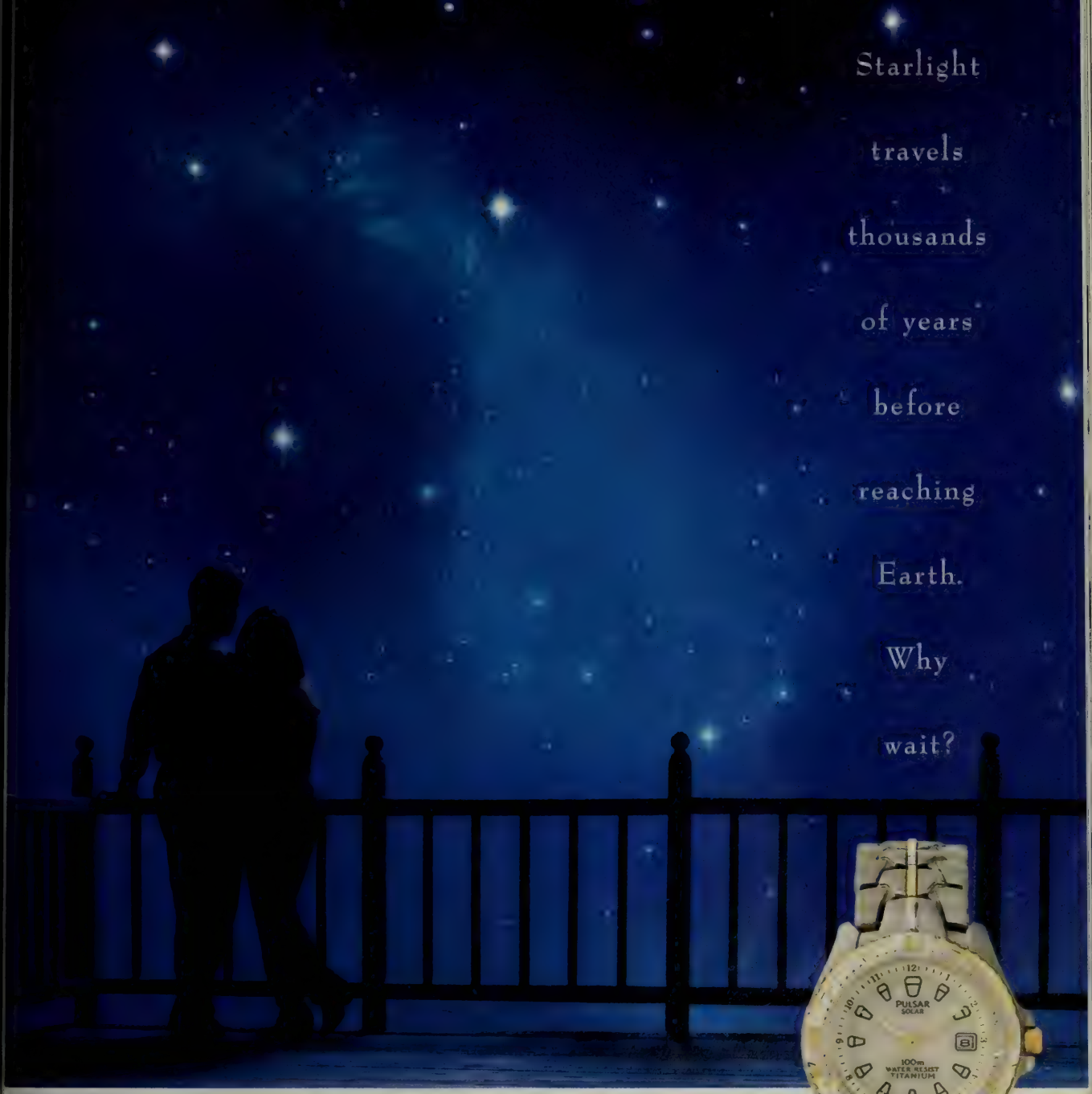


To give this desk an aged look, photocopy writing samples on paper close in color to the desk. If the paper is still too bright, stain it with thinned craft paint in a matching color. To prevent wrinkling, seal both sides of paper with sanding sealer before cutting and adhering to the desktop.



Pen pals. Here's an idea for displaying old letters that are too beautiful to throw away. Photocopy the letters on colored paper (if you don't want to use the originals) and arrange them on the surface of a writing desk or table. Several coats of decoupage medium and clear acrylic sealer create a smooth surface. For variety, add copies of old documents or calligraphy samples, postcards, envelopes, and calling cards. But use real stamps; it's illegal to make copies of them. For complete instructions, see *page 38.*

continued on page 32





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Bill of fare. If your kitchen is command central, organize the troops with a message center that can broadcast shopping lists, carpool schedules, or a week's worth of dinner menus. The secret to this custom-sized project is blackboard paint, which can be rolled directly onto the wall or applied to fiberboard that has been cut to size. If you're using fiberboard, cut it to size, paint it, then cut a frame from lumberyard picture molding, mitering the corners. Paint or stain the moldings; attach the fiberboard to the frame with brads or small nails. Secure the frame to the wall with screws, making sure to hit studs for security. This project would work equally well in a home office or child's room. Be sure to keep plenty of colored chalk and an eraser close at hand.

continued on page 34

Blackboard paint is applied like conventional wall paint: One coat covers most surfaces and it dries in about four hours. It comes in several colors, which can be coordinated with your decor.



Life may have its gray areas but with Snuggle® your children's clothes don't have to be one of them.



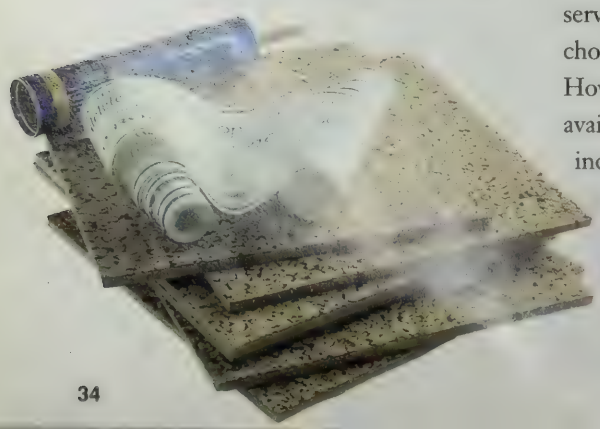
Kids love color. That's why Snuggle created Ultra Snuggle with Color Protector. The first fabric softener with a color-active ingredient that helps keep some colors from redepositing on certain clothes. Brilliant, huh? Well, the makers of Healthtex children's apparel think so too; that's why they recommend using Snuggle. The beauty of it is, now it helps care for your colors as it softens and freshens. Look for it in liquid or refill.



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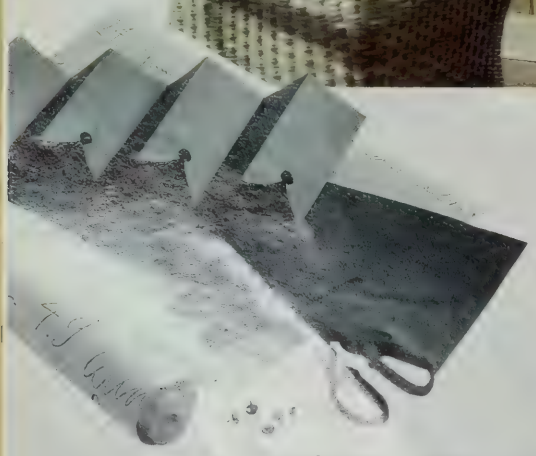
Precut cork squares can be purchased at most home centers. For a pleasing proportion, look for a wallpaper border that is no more than half the width of the squares.



Bulletin border. We got wordy again with a corkboard border that keeps messages and work materials close at hand. Hung at about chair-rail height and banded top and bottom with a wallpaper trim, this functional bulletin board also serves as an attractive focal point. For this home office, we chose a wallpaper border printed with computer terms. However, a wide variety of styles—from formal to casual—are available to suit your decor. To make the border, attach 12-inch cork squares directly to the wall with a thin bead of construction adhesive. The top of the cork should be about four feet from the floor, just above seated eye level. Using wallpaper paste, mount the wallpaper border along the top and bottom of the cork squares.

continued on page 36


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miles away,
he could still make
her laugh
until she cried.
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To reinforce the word theme in this library niche, we covered the wall above the shelves with a word-covered wallpaper. With a bit more effort, you could achieve a similar effect using paint and stencils.

By the book. With their colorful and graphic covers, books extend your decorating options while they expand your mind. If you don't have an entire room for a library, carve one out of a corner niche. We attached metal shelf brackets to the wall with screws (be sure to hit a stud or use hollow-wall anchors), then cut 1×6 boards to the desired length. Conceal the hardware with a spearhead border cut from 6-inch-wide strips of sturdy green parchment paper (*left*). To make the border, fold the paper accordion style into 1½-inch sections. Trace the pattern on *page 38* onto the top of the paper stack and cut it out. Unfold the border, fold the top 3 inches over the shelf, and secure the front edge with decorative tacks.

continued on page 38

Buying information, page 280



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For Decorating Ideas

Words to Live By

continued from page 36

Pen pals, page 30

Sand unfinished desk; wipe with tack cloth. Paint or stain. Cut writing samples (sealed with sanding sealer) into strips, varying sizes and writing directions. Arrange on desktop. For a smooth surface, don't overlap. Paint decoupage medium, such as Mod Podge, on backs. Press into place, rubbing firmly to eliminate air bubbles and sealing edges with a fingernail. Let dry. Apply a coat of decoupage medium, brushing in one direction. (If bubbles reappear under paper, prick with pin and press flat.) Let dry. Apply seven more coats, alternating brush stroke directions and allowing to dry between coats. Sand lightly with 400-grit sandpaper. Apply at least five more coats, sanding lightly between coats. Finish with a coat of clear acrylic sealer.

By the book, page 36

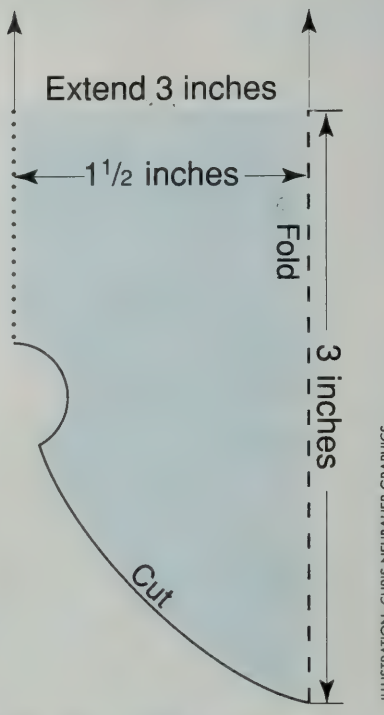


ILLUSTRATION: CHRIS NEUBAUER GRAPHICS

Place pattern on top of fan-folded paper. Extend top 3 inches; cut on solid lines. (Top 3 inches will be folded over shelf.)

reader shopping

No-Count Sampler



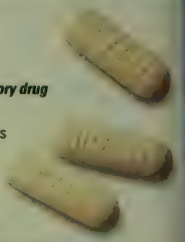
Grace your home with this romantic, do-it-yourself sampler featuring silk-ribbon embroidery. *And there's no counting!* The entire design, including the "Home Sweet Home" sentiment, is silk-screened on white poly/cotton fabric. You stitch directly over the printed lines and x's. The finished sampler is 9×12 inches. Designed exclusively for the readers of *Better Homes and Gardens*® magazine by Banar Designs, each kit contains a color photo, fabric with silk-screen design, embroidery floss, silk ribbon, color placement guide, needle, and complete directions. The price of the kit is $21.95, which includes shipping, handling, and applicable sales tax.

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(carprofen)

Caplets



Non-steroidal anti-inflammatory drug

For oral use in dogs only

CAUTION: Federal law restricts this drug to use by or on the order of a licensed veterinarian.

DESCRIPTION: Rimadyl (carprofen) is a non-steroidal anti-inflammatory drug (NSAID) of the propionic acid class that includes ibuprofen, naproxen, and ketoprofen.

INDICATIONS: Rimadyl is indicated for the relief of pain and inflammation in dogs. Rimadyl was shown to be clinically effective for the relief of signs associated with osteoarthritis in dogs.

DOSAGE AND ADMINISTRATION: The recommended dosage for oral administration to dogs is 1 mg/lb of body weight twice daily. Caplets are scored and dosage should be calculated in half-caplet increments.

CONTRAINDICATIONS: There are no known contraindications to this drug when used as directed. Rimadyl should not be used in dogs exhibiting previous hypersensitivity to carprofen.



PRECAUTIONS: The safe use of Rimadyl in pregnant dogs, dogs used for breeding purposes, or in lactating bitches has not been established. Studies to determine the activity of Rimadyl when administered concomitantly with other protein-bound drugs have not been conducted. Drug compatibility should be monitored closely in patients requiring additional therapy.

As a class, cyclo-oxygenase inhibitory NSAIDs may be associated with gastrointestinal and renal toxicity. Sensitivity to drug-associated adverse effects varies with the individual patient. Patients at greatest risk for renal toxicity are those on concomitant diuretic therapy, or those with renal, cardio vascular, and/or hepatic dysfunction. Since many NSAIDs possess the potential to induce gastrointestinal ulceration, concomitant use of Rimadyl with other anti-inflammatory drugs, such as corticosteroids and NSAIDs, should be avoided or very closely monitored.

Rimadyl treatment was not associated with renal toxicity or gastrointestinal ulceration in safety studies of up to ten times the dose in dogs.

Rimadyl is not recommended for use in dogs with bleeding disorders (e.g., Von Willebrand's disease), as safety has not been established in dogs with these disorders.

WARNINGS: Keep out of reach of children. Not for human use. Consult a physician in cases of accidental ingestion by humans. **For use in dogs only.** Do not use in cats.

The material safety data sheet (MSDS) contains more detailed occupational safety information. To report adverse reactions in users or to obtain a copy of the MSDS for this product call 1-800-366-5288.

ADVERSE REACTIONS: During investigational studies, no clinically significant adverse reactions were reported. Some clinical signs were observed during field studies which were similar for carprofen- and placebo-treated (control) dogs. Incidences of the following were observed in both groups: vomiting (4%), diarrhea (4%), changes in appetite (3%), lethargy (1.4%), behavioral changes (1%), and constipation (0.3%). The product vehicle served as the control.

STORAGE: Store at controlled room temperature 15°–30°C (59°–86°F).

HOW SUPPLIED: Rimadyl caplets are scored, and contain 25 mg, 75 mg, or 100 mg of carprofen per caplet. Each caplet size is packaged in bottles containing 100 or 250 caplets.

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See brief summary on adjacent page for important information.

Pfizer Animal Health

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everlasting indoor gardens

by Peggy Johnston

When summer's rainbow starts to fade, don't resign yourself to the monotone of winter. Preserve the beauty and fragrance of the garden year-round with arrangements made of dried flowers and greenery. Crafts shops and floral supply stores stock an array of materials from which to choose. To keep arrangements looking their best, display them away from direct heat and sunlight, and seal with a spray designed to keep out dust. *continued on page 42*

A tiny garden sprouts from a crafts store display box. To make it, glue florist's foam into each compartment, then push flowers into the foam with tweezers. The flowers used *above* include: (top row) zinnia, yarrow, artemisia, and statice; (middle row) petticoat lace, statice, globe amaranth, and ammobium; (bottom row) globe amaranth, German statice, pansy, and salvia.

continued from page 41

a wreath of romance



To make the wreath base, wrap several thicknesses of 18-gauge wire (sold at crafts stores) to form a circle roughly 3 inches in diameter. Using 22-gauge floral wire, attach roses and eucalyptus, overlapping the stems as you go. Finish by wiring on a small bow and a loop for hanging.



This tiny wreath of dried sweetheart roses and eucalyptus buds adds a fragrant, romantic touch wherever you dangle it. Hang it from a china cabinet or linen closet. Or, eliminate the ribbon and use the wreath to ring a candlestick. To make it, you'll need two sizes of wire, narrow satin ribbon, two dozen or so rosebuds, and a handful of eucalyptus buds.

continued on page 44



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continued from page 42



For the swag, form an arch from rolled chicken wire. Beginning at ends and overlapping stems, wire artemisia sprigs to cover front. Insert sprigs of potentilla and blue salvia. Wire a small slab of floral foam to center. Cover with artemisia. Finish with everlastings, delphinium, statice, potentilla, and salvia.

a touch of color



Wrap a mirror in the sun-drenched hues of dried everlastings. Or, place loose blooms in a lidded container; it's like capturing summer in a jar. To keep unprotected arrangements clean, gently dust them with the "canned air" used on computers.

continued on page 46



Partially fill a large lidded jar by placing a paper tube in the center. Drop in marigolds, yarrow, everlastings, statice, globe amaranth, and rosebuds, positioning the flowers with tweezers. If desired, tuck in scented paper and remove the lid or use a pierced lid to release the fragrance.



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continued from page 44



everlasting *indoor* gardens



To make a swag, start with a length of rattail ribbon 1½ times window width. Tie a slipknot at center, then overhand knots every 6 inches. End with slipknots for hanging. Make nosegays of dried flowers and a ginkgo leaf. Wrap stems with gold wire. Slip a bead onto wire and thread through each knot, curling ends.

a twist of nature

A wreath typically extends a warm welcome from outside the house. But this ginkgo-leaf swag and sweet-grass bouquet are made to hang inside, creating a window on nature even in winter. Dried arrangements should always be protected from the elements, especially sunlight because it fades their colors.



A bouquet of sweet grass and flowers brightens a doorway. Wire together five 2-foot-long sweet-grass braids. Loop two braids back to the top and wire. Unbraid and fan out remaining braids. Wire flowers over the grass. Tie a ribbon bow over wires.



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She's gone to Capri and she's not coming back.

Legs

by Catherine Kramer

Home decorators are getting personal with their rooms these days by doing more mixing of furniture styles than matching. But if you're not careful, eclecticism can turn into visual clutter. Play it safe; start slowly. Study our suggestions for mating tables and chairs with various design pedigrees. Then stretch your decorating "legs" to find your own pairings.

TABLE STYLE: *CONTEMPORARY*

Sleek and sophisticated, contemporary styles encompass everything from postwar pieces to the latest designs. The best examples, which adhere to the "form follows function" principle, look timeless no matter where you place them.



▲ **MATCH:** Even if you prefer to stick to a single design theme, there's no need to match pieces exactly. Still, there should be a common design thread. This side chair proves the point: The legs have the same squared outer edges as the table; likewise, they're both tapered from top to bottom.

▼ **MIX:** Clean, simple design makes this classic spindle-back chair a good mix with contemporary furnishings. Though rounded, the legs have a gradual taper similar to the table leg above.



continued on page 50

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Legs

continued from page 48

TABLE STYLE: *FARMHOUSE*
It's casual. It's comfortable. And it's undeniably country. Made of commonplace materials in unpretentious styles, farmhouse furniture has a hardworking, handcrafted quality that only gets better with age.



▲ **MIX:** Although the finish is more highly polished and the turned legs slightly more intricate, this traditional [illegible] chair shares several characteristic traits with its country [illegible] is a good companion.

▼ **MATCH:** This rush-seated chair makes a good match for the farmhouse table *above*. The legs don't match line for line, but they have the same country roots, rustic qualities, and, in general, straightforward approach to design.



continued on page 52

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Legs

continued from page 50

TABLE STYLE:
QUEEN ANNE Characterized by mahogany woods, curvilinear lines, and finely carved details, Queen Anne furniture first appeared in the early 18th century and has long been considered the epitome of traditional good taste.



curved c… foot design … ball-and-claw—make … more interesting.

▼ **MIX:** Also English-inspired, intricately detailed, and made of mahogany, this traditional chair's Marlborough legs are a pleasing counterpoint to the more ornate Queen Anne table.



continued on page 54


NATURALIZER
ONE OF LIFE'S GREAT COMFORTS

Legs

continued from page 52

▼ TABLE STYLE: *FRENCH COUNTRY*

Inspired by the lavish furnishings of the Louis XV and Louis XVI eras, French country—or French provincial—furniture was simplified for common tastes and budgets. But with their elegantly curved legs and carved details, French country pieces, such as this table, have become classics in their own right.



▼ MIX: This Louis XV-style chair may be more intricate in its detailing—and even completely different in finish—than the country-style table *above*. But because the basic curved lines and graceful feeling are the same, the two pieces are in good company.



▲ MATCH: Almost identical to the table in its design and warm brown finish, this ladder-back chair (an icon of French country style) couldn't be a better match. ⌂

Buying information, page 280



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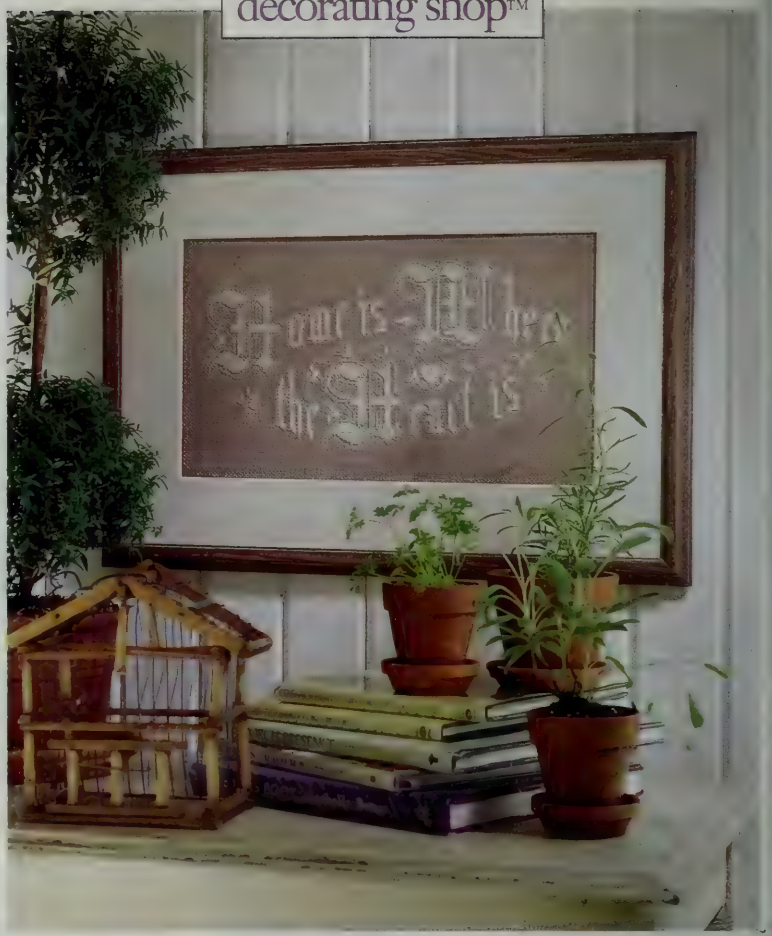
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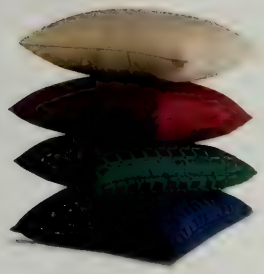
Our sampler kit's "**Home Is Where the Heart Is**" message is stitched in ivory floss on taupe-colored fabric. The ornate, vintage-look lettering and the elegant, subdued coloration will complement nearly any room's decorating scheme. Designed for *Better Homes and Gardens*® magazine by Banar Designs, this kit is available *exclusively* from the pages of our magazine and is not sold in stores. The finished size is 9×16 inches.

We are pleased to offer the kit in both stamped (printed) cross-stitch and counted cross-stitch. Each kit comes with a full-color photo, fabric (a silk-screened cotton for the stamped version or a 14-count Linaida for the counted version), embroidery floss, needle, chart, and detailed instructions. The price of the kit is $18.95, which includes shipping, handling, and applicable sales tax.

TO ORDER with your Mastercard, Visa, or American Express card, call 800/881-4066. To order by mail, send a check or money order for $18.95 to: *Better Homes and Gardens*® Reader Shopping Service, Dept. D9710, Box 9128, Des Moines, IA 50306-9128. *Please be sure to specify whether you want the stamped (printed) or counted version.*


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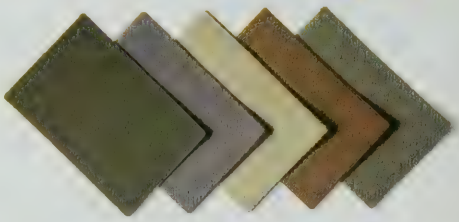
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Allow 4–6 weeks for delivery.
Coupon expires January 15, 1998.

by Shawn Gilliam

butler's pantries

window seats

sunrooms



plate racks

mudrooms

they're back

Yesteryear's builders knew best—or so we're finding out. Memories of houses long gone are prompting today's homeowners to add parts of the past to the homes they live in now. To help you recapture this homeyness, borrow some favorite features of old, such as a cozy window seat (*above*). Linger in the sunlight, read a favorite book, and make memories all over again.

continued on page 60





New for
sitive skin

Funny. The more sensitive you are, the harder it is to feel soft.

Introducing something new for your delicate skin - Dove® Sensitive Skin Moisturizing Body Wash. With gentle soap-free cleansers and vitamin-enriched moisturizers, Dove will keep your skin softer and more beautiful than any soap ever could. It's a new feeling you'll love.

Dove

For the beauty that's already there.

They're Back

continued from page 58

Retrieve thoughtful details from yesteryear for your home, right down to storage. Here, style and function still work together beautifully.





STUMBLING OVER SHOES? Stow them—plus coats, umbrellas, and sports equipment—in a mudroom (*above*). This one features a storage bench where you can sit and slip those boots on and off. Simple coat pegs and beadboard paneling lend farmhouse charm.

ALTHOUGH ITS DESIGN is rooted in turn-of-the-century country style, a plate rack can complement any setting. This one (*left*), designed by the homeowner, is part of a convenient pass-through cabinet between the kitchen and the dining room.

continued on page 62



Hanes
Her Way

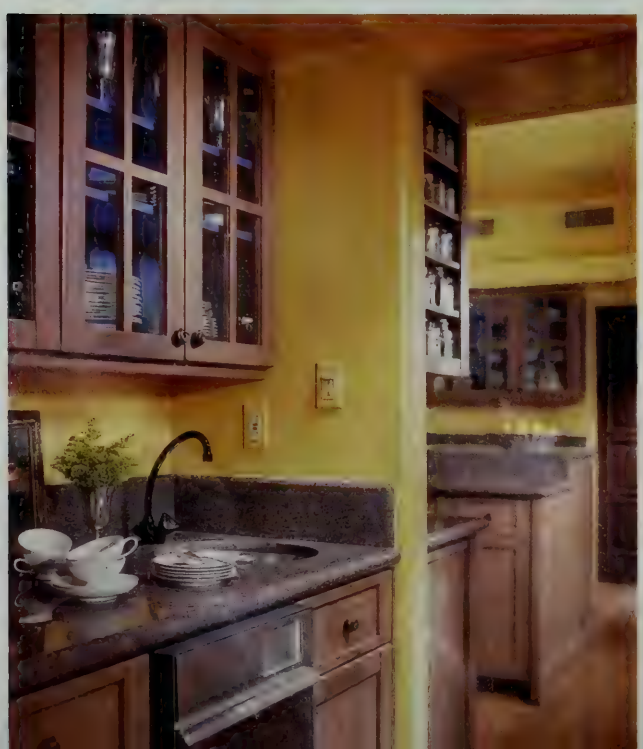
ntroducing EverFit™ *sweats. Shrinks less. Fits better, longer.*

For more information, call 1-800-675-6995. ©1997 Hanes

...nued fr... page 60



Modern storage can hint at a sense of the past.



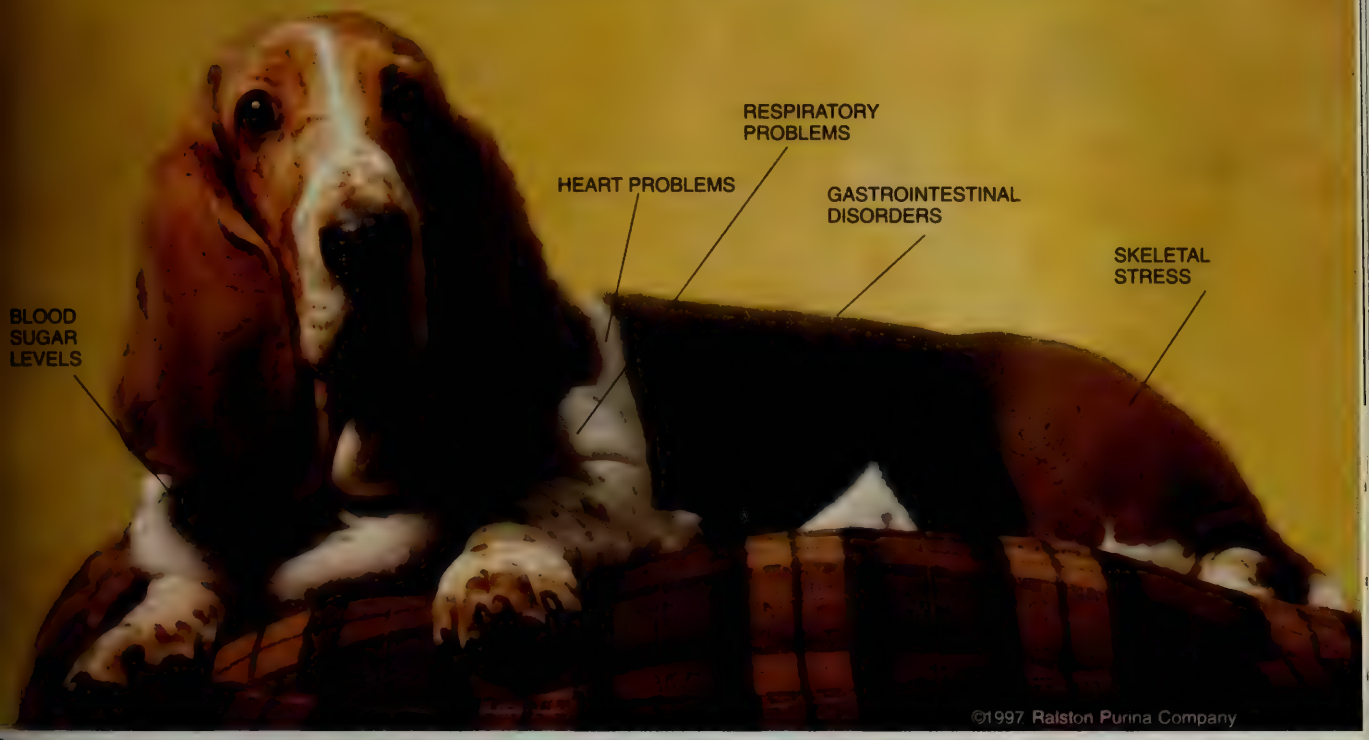
LIVE-IN BUTLERS are mostly a thing of the past, but we still need their pantries. This one (*above*) is made up of custom-designed boxes to house special-occasion soup tureens, artichoke plates, and stemmed glasses. Glass shelves divide some of the wood compartments to store smaller items more efficiently.

EVEN IN TODAY'S HOMES, collectibles and dinnerware collect dust. Early kitchen planners had the solution—glass-front cabinets (*left*), which also add a sense of airiness and a furniturelike feeling. Brighten the entire room by painting the interior walls of the cabinets a favorite hue or showcasing colorful plates or stemware.

continued on page 64

Heavy Isn't Healthy.

Excess weight can be associated with certain health conditions.



Purina® Fit & Trim® is one of the leading weight management foods for dogs, with 15% fewer calories, 33% less fat and 33% less salt than the leading dry dog food — plus a taste dogs love.

brand ADULT DOG FOOD

Veterinarians recommend Fit & Trim to help dogs lose weight. And you'll find it's ideal for weight maintenance once your dog has trimmed down.

Monitor your dog's weight monthly by giving him the Purina® Fit & Trim® Rib Check® test. Put your thumbs on his backbone, with both hands on his rib cage. If you can't easily feel his ribs, your dog probably needs to lose a few pounds. Before you start your dog on any weight management program, consult your veterinarian.



Veterinarians Recommend Purina Fit & Trim.

They're Back

continued from page 62



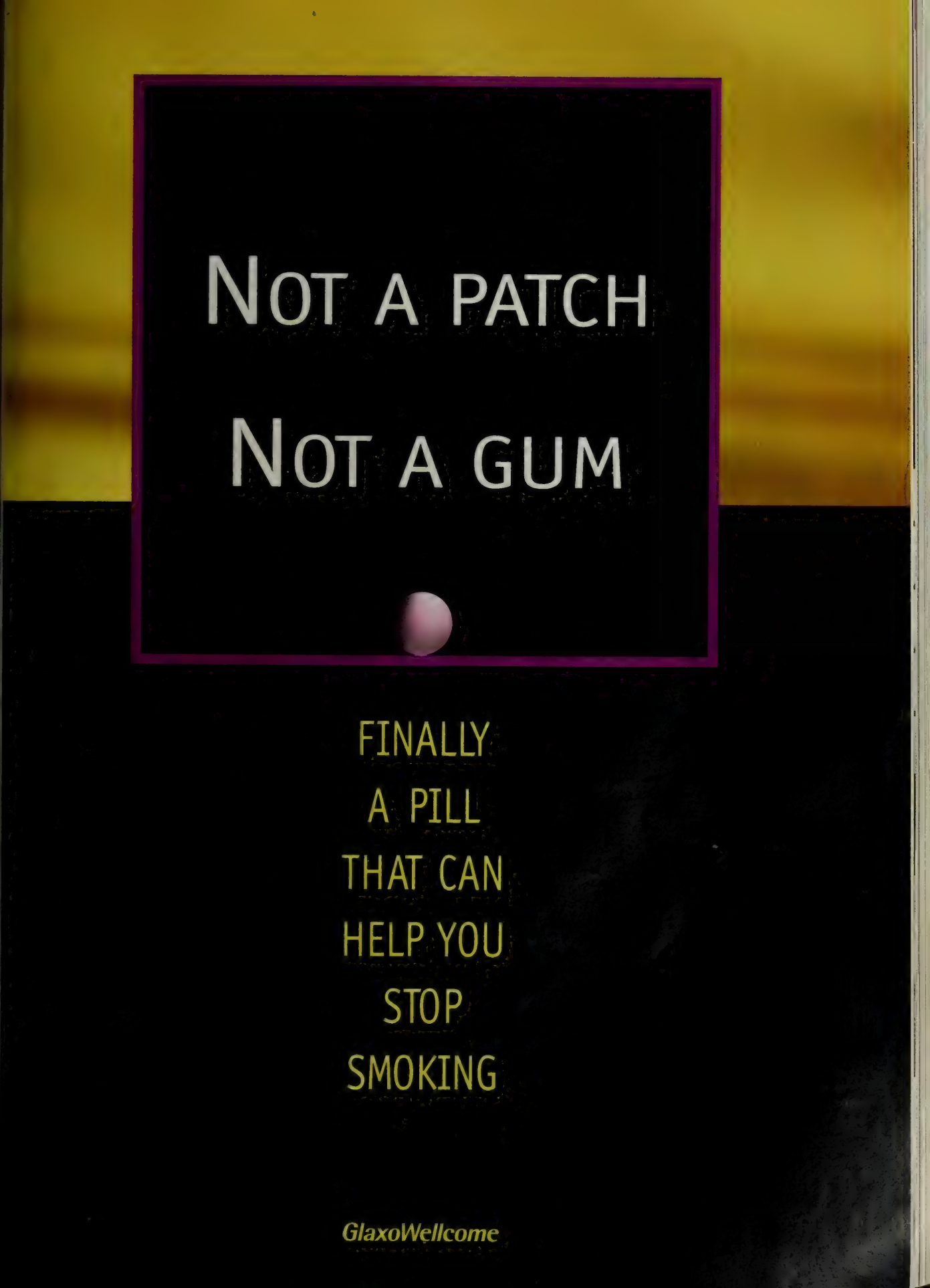
Sunshine will never go out of style.

PORCHES AND SUNROOMS may even be more necessary today than they were 75 years ago. In a hassled world of e-mails, clogged freeways, and conference calls, they provide opportunity to break away from it all. This sunroom (*above*) combines white walls, trim, windows, and wicker furniture with a green ceramic tile floor—and sunlight, of course—to provide the perfect spot for relaxing.



DON'T BE TOO HASTY in throwing away remodeling remnants; they may play a starring role in another great fix-up strategy. When a renovation project meant replacing an old stained glass door, homeowners cleverly recycled the panel as this transom (*right*). No lucky leftovers? Turn to a salvage yard.

Buying information, page 280


NOT A PATCH
NOT A GUM
FINALLY
A PILL
THAT CAN
HELP YOU
STOP
SMOKING
GlaxoWellcome

NEW



INTRODUCING ZYBAN

THE FIRST NICOTINE-FREE PILL HELPS PUT YOU IN CONTROL OF QUITTING

ZYBAN is a totally new, nicotine-free way to help you quit smoking

It's medical, logical, and makes quitting bearable. That's because ZYBAN is a prescription medicine that, for many people, helps reduce withdrawal symptoms and the urge to smoke. ZYBAN helps get you ready to quit while you're still smoking. You set a quit day within 1 to 2 weeks after starting treatment with ZYBAN. It takes about a week for ZYBAN to reach the right levels in your body to be effective. Most people should take ZYBAN for 7 to 12 weeks.

Proven more effective than a nicotine patch

In a medical study using patient support materials and drug therapy, ZYBAN helped more smokers quit for 4 weeks than Habitrol® (nicotine transdermal system),* a nicotine patch. And unlike the patch and gum, ZYBAN replaces cigarettes with nicotine-free medicine.

What you need to know about ZYBAN

The most common side effects with ZYBAN include dry mouth and difficulty sleeping. There are other risks associated with the use of ZYBAN, so it is important to talk to your health care professional to see whether ZYBAN is right for you. There is a risk of seizure in certain patients (see "Important Warning" section in Information for the Patient on following page). You should not take ZYBAN if you have a seizure disorder; are already taking WELLBUTRIN®, WELLBUTRIN SR®, or any other medicines that contain bupropion HCl; have or have had an eating disorder; or are currently taking or have recently taken a monoamine oxidase (MAO) inhibitor. It is important to let your health care professional know about any other prescription or over-the-counter medications you are taking. ZYBAN is not recommended for women who are pregnant or breast-feeding.

ZYBAN and the ZYBAN Advantage Plan™, a free counseling and personalized support program, are part of an overall plan recommended by your health care professional to help you quit smoking.

SEE YOUR HEALTH CARE PROFESSIONAL ABOUT ZYBAN

For more information, call

1-888-890-2 STOP (2786) ext. 12

or visit our

Web site at www.zyban.com

Please consult Information for the Patient on the following page.

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NICOTINE-FREE

ZYBAN™

bupropion HCl sustained-release tablets 150 mg

Information for the Patient

ZYBAN™ (bupropion hydrochloride) Sustained-Release Tablets

Please read this information before you start taking ZYBAN. Also read this leaflet each time you renew your prescription, in case anything has changed. This information is not intended to take the place of discussions between you and your doctor. You and your doctor should discuss ZYBAN as part of your plan to stop smoking. Your doctor has prescribed ZYBAN for your use only. Do not let anyone else use your ZYBAN.

IMPORTANT WARNING:

There is a chance that approximately 1 out of every 1,000 people taking bupropion hydrochloride, the active ingredient in ZYBAN, will have a seizure. The chance of this happening increases if you:

- have a seizure disorder (for example, epilepsy);
- have or have had an eating disorder (for example, bulimia or anorexia nervosa);
- take more than the recommended amount of ZYBAN; or
- take other medicines with the same active ingredient that is in ZYBAN, such as WELLBUTRIN® (bupropion hydrochloride) Tablets and WELLBUTRIN SR® (bupropion hydrochloride) Sustained-Release Tablets. (Both of these medicines are used to treat depression.)

You can reduce the chance of experiencing a seizure by following your doctor's directions on how to take ZYBAN. You should also discuss with your doctor whether ZYBAN is right for you.

1. What is ZYBAN?

ZYBAN is a prescription medicine to help people quit smoking. Studies have shown that more than one third of people quit smoking for at least 1 month while taking ZYBAN and participating in a patient support program. For many patients, ZYBAN reduces withdrawal symptoms and the urge to smoke. ZYBAN should be used with a patient support program. It is important to participate in the behavioral program, counseling, or other support program your health care professional recommends.

2. Who should not take ZYBAN?

You should not take ZYBAN if you:

- have a seizure disorder (for example, epilepsy).
- are already taking WELLBUTRIN, WELLBUTRIN SR, or any other medicines that contain bupropion hydrochloride.
- have or have had an eating disorder (for example, bulimia or anorexia nervosa).
- are currently taking or have recently taken a monoamine oxidase inhibitor (MAOI).
- are allergic to bupropion.

3. Are there special concerns for women?

ZYBAN is not recommended for women who are pregnant or breast-feeding. Women should notify their doctor if they become pregnant or intend to become pregnant while taking ZYBAN.

4. How should I take ZYBAN?

- You should take ZYBAN as directed by your doctor. The usual recommended dosing is to take one 150-mg tablet in the morning for the first 3 days. On the fourth day, begin taking one 150-mg tablet in the morning and one 150-mg tablet in the early evening. Doses should be taken at least 8 hours apart.
- **Never take an "extra" dose of ZYBAN.** If you forget to take a dose, do not take an extra tablet to "catch up" for the dose you forgot. Wait and take your next tablet at the regular time. Do not take more tablets than your doctor prescribed. This is important so you do not increase your chance of having a seizure.
- It is important to swallow ZYBAN Tablets whole. Do not chew, divide, or crush tablets.

5. How long should I take ZYBAN?

Most people should take ZYBAN for 7 to 12 weeks. Follow your doctor's instructions.

6. When should I stop smoking?

It takes about 1 week for ZYBAN™ (bupropion hydrochloride) Sustained-Release Tablets to reach the right levels in your body to be effective. So, to maximize your chance of quitting, you should not stop smoking until you have been taking ZYBAN for 1 week. You should set a date to stop smoking during the second week you're taking ZYBAN.

7. Can I smoke while taking ZYBAN?

It is not physically dangerous to smoke and use ZYBAN at the same time. However, continuing to smoke after the date you set to stop smoking will seriously reduce your chance of breaking your smoking habit.

8. Can ZYBAN be used at the same time as nicotine patches?

Yes, ZYBAN and nicotine patches can be used at the same time but should only be used together under the supervision of your doctor. Using ZYBAN and nicotine patches together may raise your blood pressure. Your doctor will probably want to check your blood pressure regularly to make sure that it stays within acceptable levels.

DO NOT SMOKE AT ANY TIME if you are using a nicotine patch or any other nicotine product along with ZYBAN. It is possible to get too much nicotine and have serious side effects.

9. What are possible side effects of ZYBAN?

Like all medicines, ZYBAN may cause side effects.

- The most common side effects include dry mouth and difficulty sleeping. These side effects are generally mild and often disappear after a few weeks. If you have difficulty sleeping, avoid taking your medicine too close to bedtime.
- The most common side effects that caused people to stop taking ZYBAN during clinical studies were shakiness and skin rash.
- Contact your doctor or health care professional if you have a rash or other troublesome side effects.
- Use caution before driving a car or operating complex, hazardous machinery until you know if ZYBAN affects your ability to perform these tasks.

10. Can I drink alcohol while I am taking ZYBAN?

It is best to not drink alcohol at all or to drink very little while taking ZYBAN. If you drink a lot of alcohol and suddenly stop, you may increase your chance of having a seizure. Therefore, it is important to discuss your use of alcohol with your doctor before you begin taking ZYBAN.

11. Will ZYBAN affect other medicines I am taking?

ZYBAN may affect other medicines you're taking. It is important not to take medicines that may increase the chance for you to have a seizure. Therefore, you should make sure that your doctor knows about all medicines—prescription or over-the-counter—you are taking or plan to take.

12. Do ZYBAN Tablets have a characteristic odor?

ZYBAN Tablets may have a characteristic odor. If present, this odor is normal.

13. How should I store ZYBAN?

- Store ZYBAN at room temperature, out of direct sunlight.
- Keep ZYBAN in a tightly closed container.
- Keep ZYBAN out of the reach of children.

This summary provides important information about ZYBAN. This summary cannot replace the more detailed information that you need from your doctor. If you have any questions or concerns about either ZYBAN or smoking cessation, talk to your doctor or other health care professional.

GlaxoWellcome

Glaxo Wellcome Inc.
Research Triangle Park, NC 27709

U.S. Patent Nos. 5,427,798 and 5,358,970

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May 1997 RL-4

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Printed in USA BUP030R0 September 19

Pretty. Easy.



Easy Apple-Butterscotch Tart

Double crust for a 9-inch pie (homemade or purchased)
2 cans (21 oz. each) Comstock, Thank You or Wilderness Apple Pie Filling
1/2 cup butterscotch-flavored topping
1/2 cup pecan halves

■ Heat oven to 425° F. Place 1 pastry crust on greased cookie sheet; cover with apple filling to 1 inch of edge.

■ Place second crust over filling. Fold edge of bottom pastry up over top pastry; press together and seal. Cut several small slits in top crust to vent.

■ Bake 35 to 40 minutes or until golden brown. Let stand 15 minutes. Transfer to serving plate. Top with pecans and butterscotch topping. Serve warm. Makes 6 to 8 servings.

Get our free recipe book. Send $2.00 for shipping and handling to Makin' It Easy, PO Box 10659, Dept BHG/ABT, Rochester NY 14610



Thank You Comstock Wilderness
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Add a little color to every bite.
Marinate with Wish-Bone.

WISH-BONE MARINATED STEAK ITALIANO

¾ cup WISH-BONE® ITALIAN DRESSING
2–2½-pound boneless sirloin, top loin or flank steak

In shallow dish, pour ½ cup dressing over steak. Cover and marinate in refrigerator 3 to 24 hours.

Remove steak, discarding marinade. Grill or broil, turning once and brushing with remaining dressing, until steak is done. Serve with grilled marinated vegetables. Makes 8 servings.

ORIENTAL STEAK

½ cup WISH-BONE® ITALIAN DRESSING
½ teaspoon ground ginger (optional)
2 tablespoons firmly packed brown sugar
2 tablespoons soy sauce
1–1½-pound flank, top round or sirloin steak

In shallow dish, combine all ingredients except steak. Add steak; turn to coat. Cover and marinate in refrigerator 3 to 24 hours.

Remove steak, reserving marinade. Grill or broil until steak is done. Boil reserved marinade 1 minute; pour over steak. Makes 6 servings.



Wish-Bone. World's Most Colorful Taste.

building

Cabinetry Options

There are as many shapes and sizes of kitchen cabinets as there are colors to paint or stain them, but all cabinetry is made at one of three basic price levels: stock, semicustom, or custom. All three levels offer good-quality products for different kitchens and different budgets.

If a low price is your first concern and you have a simple rectangular kitchen, shop at a home center or lumberyard to find cabinets that will fit your budget. Stock cabinetry manufacturers are able to hold their prices down by mass-producing an ever-expanding assortment of sizes and styles. These cabinets are most often made of fiberboard with wood veneers or highly durable plastic coating, although some are available with solid-wood doors. Most lumberyards don't have on-staff design professionals, so you should have your basic kitchen plan completed before you start shopping.

If you want to add a specialized cabinet, such as a rounded corner or a nifty storage unit, check out semicustom cabinets. These lines are sold through both home centers and kitchen-and-bath boutiques. They offer even more sizes and finishes than their stock counterparts. Stores that sell semicustom lines usually have staff professionals who will help with your kitchen planning and cabinet selection.

Finally, if you have a unique kitchen and a big budget, you may want to hire a cabinetmaker to build one-of-a-kind custom cabinets. They may be expensive, but you'll get personal service, installation, and cabinetry that is designed specifically for your kitchen. As with any contractor, ask for references and examples of the cabinetmaker's previous work.

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(Inventor)
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This laboratory-tested product extends flame times by up to 35%*[2] and further reduces pollution from particulate emissions to the outside air from your chimney by 11.7%*[3] on average. Moreover, you will benefit from up to 14%*[2] more radiant heat reflected into the room when you burn your firelogs on my XTRAFLAME BURNER TRAY with HEAT REFLECTOR. How much does it cost? About the price of six quality firelogs when you take advantage of the rebate coupon below. Will you be satisfied with my XTRAFLAME BURNER TRAY? I guarantee it!"
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SPRING HOPE N.C. 27882

Please allow 8-10 weeks for delivery of your refund.

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*[1] Test conducted by Inchcape Testing Services - Warnock Hershey - using 5 lb log - 4 brands.
*[2] Tests conducted by Inchcape Testing Services - Warnock Hershey.
*[3] Tests conducted by Advanced Combustion Technology, a division of Canmet.



by Kay M. Sanders

kitchenplanner

Coming up with a workable scheme for your kitchen remodeling project involves more than booting up the latest design software on your home computer or making sketches on graph paper. Today's kitchens are the hubs of family life, and they deserve special care in planning. Before you start, let our handy guide help you lay the groundwork for a kitchen plan that fits the way your family lives, and that gives you the most for your remodeling dollar.

Start by thinking about how to match your kitchen with your lifestyle. Parents busy with kids and careers may give more priority to low-maintenance surfaces than they do to high-end cooking appliances. Families that entertain usually want extra space to accommodate guests. Some kitchens are even designed to meet the needs of people with disabilities.

continued on page 74





Give your food a better shelf life.





Home Depot is the place to go when your cupboards are bare. We carry an enormous selection of cabinets, including brands like Mill's Pride, American Woodmark and KraftMaid. And don't worry about the dirty work. Our experts can help design and install whichever cabinets you choose. Actually, we can help design everything in your kitchen–including the sink.



HOMER TLC, Inc.

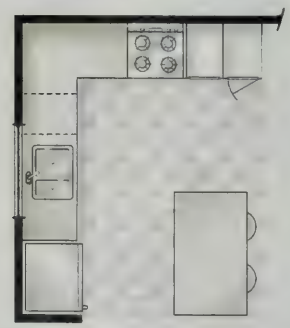
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Floor Plan Basics

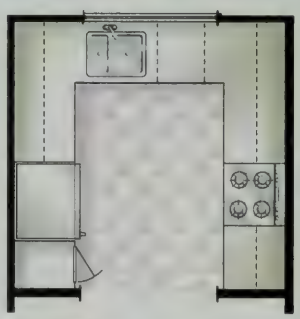
Along with your lifestyle, you'll have to consider what kind of kitchen will fit with your house. Create efficient work triangles, then choose the plan best suited to your home.



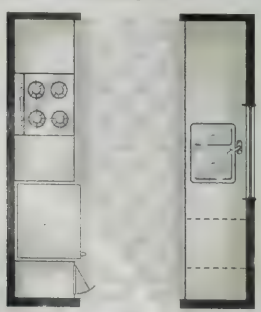
WORK TRIANGLES All kitchen plans include a work triangle that defines the distance between the refrigerator, range (or cooktop), and the sink. Keeping the triangle compact will reduce travel between these three frequently used appliances. But don't tighten it too much. Ideally, each leg of the triangle should be between 4 and 8 feet long. This leaves enough space for you to move around efficiently without taking away counter area that you'll need for setting down hot skillets or handling dirty cookware.



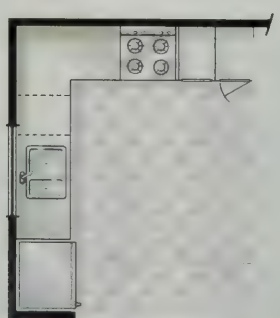
ISLAND If you have an L-shaped kitchen that opens to a family room and measures at least 10×10 feet, try an island plan. Equip the island with a sink or cooktop to make it a primary work center, or add chairs to create an eating area.



U-SHAPE The U-shaped floor plan provides three walls for workstations and storage. Foot traffic moves across the open end of the kitchen, and a half wall can open the kitchen to an adjacent living space.



CORRIDOR If your kitchen connects two rooms, you'll want a corridor plan. Consolidate most of the counter space on one side near the most-used appliance (usually the sink or range). To create extra storage space, try using a bank of base cabinets or a pullout tower pantry.



L-SHAPE The L-shaped kitchen requires less space and offers flexibility in the location of work-stations. Like the island, this plan works well when the kitchen adjoins a casual space. You can install lazy Susans in the corner cabinets to access abundant storage.

Measure for Measure

There are standards when it comes to kitchen design. Here are some basic guidelines to get you started.

- Flank the sink with counters, at least 18 inches on one side and 24 inches on the other. A secondary sink needs 18 inches on one side and 3 inches on the other.
- Plan for 15 inches of landing space beside or across from the refrigerator.
- Allow a minimum of 12 inches of counter on each side of the range or cooktop so there's a place to set down hot cookware; 18 to 24 inches on each side is even better.
- If the oven and cooktop are separate, plan for 15 inches of counter beside the oven.
- Kitchen counters are 36 inches high, ideal for a person of average stature. If you're tall, have at least one countertop raised; if you're shorter, lower one. The comfort level is typically 6 to 9 inches below the cook's bent elbow. (See Illustration *below.*)
- Build a platform beneath the dishwasher to raise it 6 inches. It will ease the stress on your back when you load and unload dishes.
- Pullout shelves in base cabinets, pullout pantries, and lazy Susans in corner cabinets bring items to the front. Investigate other specialty fittings for cabinets: drawer organizers, pullout trash baskets, recycling bins, and pop-up shelves for mixers.
- Position a microwave oven so hot items are no higher than eye level for the cook. If children will use it, you may want to place the oven below counter level.
- Exhaust systems should move a minimum of 200 cubic feet per minute and be vented directly to the outside.

HEIGHTS CAN VARY



Make sure the kitchen fits the cook by placing countertops at the proper height. Counters should be comfortable and items in cabinets should be easy to reach.

continued on page 76



Sparkle® Paper Towels Instead of Cloth for...



BILLIONS of Reasons



Research has shown that cloth kitchen towels, dishcloths, and sponges are favorite hiding places for bacteria! Even when washed regularly, they can **spread** bacteria with each use.



So when it comes to keeping your kitchen really clean, strong and absorbent Sparkle Paper Towels are a better choice. Sparkle Towels stand up to wet hands and messy spills, with two thick layers and thousands of moisture-grabbing cells on every sheet. And when you are done, just throw them away—to keep bacteria from collecting.

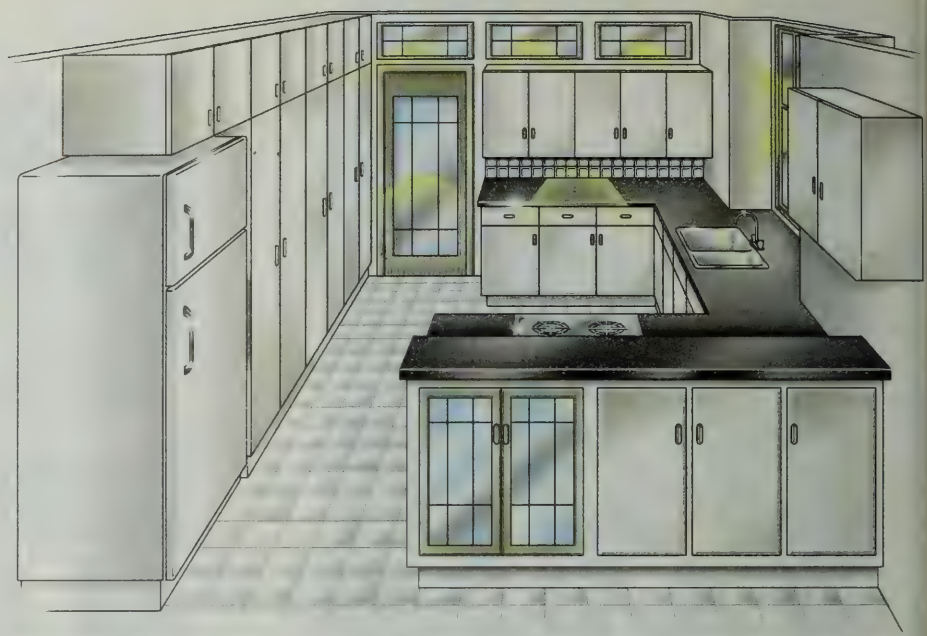
Georgia-Pacific

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continued from page 74

Lighten Up

Lavish your kitchen with light to improve safety, convenience and appearance, and to make a modest-size space seem a little more roomy.



Bring in the sun. **Windows capture light and make a small kitchen feel larger by allowing you to see beyond the walls. To maximize the benefits of a standard window, minimize the window treatment. Enhance the window by affixing a boxed-out greenhouse unit.**

No space for windows? **Consider replacing the soffits with clerestories above the upper cabinets, switching to glass-panel doors, or lining the backsplash with clear panes or glass block. Gain floor space and windows by removing walls between the kitchen and adjacent rooms, or punch through the ceiling and add a skylight.**

Flip the switch. **Well-placed light fixtures are as essential as appliances. To prevent shadows on your work, boost the amount of light in your kitchen with fixtures above the range, sink, and island. You can apply the same logic to your countertops by mounting low-voltage lighting beneath new or existing wall cabinets.**



WHAT DO YOU GET FOR...

$5,000

- Range—$500
- Dishwasher—$330
- Refrigerator—$600
- Sink—$225
- Faucet—$125
- Sheet vinyl floor, installed—$660
- New laminate counter—$580
- Paint 13 existing cabinets, install new knobs and handles—$100
- Skylight—$1,600

$10,000

- Cooktop—$700
- Wall oven—$900
- Dishwasher—$650
- Refrigerator—$1,000
- Sink—$410
- Faucet—$275
- Wood floor, installed—$1,650
- Ceramic tile counter—$1,240
- Resurface 13 existing cabinets with laminate—$1,900
- Install 6 recessed ceiling lights—$750

$20,000

- Cooktop—$1,000
- Wall oven—$1,400
- Side-by-side refrigerator with paneling trim to match cabinets—$2,100
- Ceramic tile floor, installed—$2,805
- Granite counter—$3,400
- 13 new stock cabinets—$4,225
- 60×36-inch island—$2,000
- Second sink, faucet for island—$1,300
- Demolish load-bearing wall to open kitchen to adjacent room, add support beam; or replace small window with wider, taller units or a bay—$1,500

continued on page 78

ig Enough For A Posse,
ugged Enough For A Lone Ranger.

ere's one thing that everybody can agree on from the Sierra Nevada to the Poconos. There's time for having fun with family and friends, and a time for kicking back just by yourself. It's whole idea behind a rugged, new breed of minivan...Montana from Pontiac. Whether u're traveling with the gang or riding solo, it's capable of eaking away from the pack with style and substance. mount up and discover. Life is more exciting in Montana.

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IFE IS MORE EXCITING IN MONTANA

Power Sliding Door* 180 Horsepower Self-Sealing Tires All-Weather Traction Control

continued from page 77



Shopping Smart Purchase the best-quality materials that your budget will permit.

APPLIANCES

Refrigerators: Choose a refrigerator that fits your lifestyle. Side-by-side models are great for families on the go. They offer easy access to both refrigerator and freezer compartments and often come with convenient water and ice dispensers. If you freeze a lot of food, consider a freezer-on-top model to keep food items within easy reach. If you use the freezer less, you'll save your back by buying a freezer-on-the-bottom model.

Dishwashers: A basic model is relatively inexpensive; cost escalates as you add features. Some models are designed to conserve water, some are insulated to reduce noise, and others feature internal water heaters that boost the washing temperature above the setting on your home's water heater.

Cooktops: Basic gas and electric-coil cooktops are least costly. If you're buying a gas model, look for sealed burners for easy clean-up and an electric ignition system that eliminates the need for a pilot light. Ceramic glass electric cooktops offer options far beyond standard coil burners; they are sleek and easy to maintain. Some come with halogen burners that heat up instantly. Cooktops that feature interchangeable grill, barbecue, and rotisserie modules are also available.

Ovens: Choose a conventional (radiant heat) or convection oven. Or, buy a model equipped with both. Convection ovens cook with heated air, circulated by a fan, so foods cook faster and brown evenly. The hot air may dry some foods, however. You can cook more food in a convection oven since it will distribute heat evenly to items stacked on the racks inside.

CABINETRY

Wood: Unless you are hiring a custom cabinetmaker, you may have a hard time finding solid wood cabinets. That's OK; many high-quality units are made of plywood or particleboard. Drawer construction is an indication of quality: Look for metal glides with ball bearing rollers and dovetail assembly or screws and dowels (not staples and glue). Fully extended, the drawer should not wobble from side to side. Be sure the wood grain on doors matches the frame. To shave costs, order paint-grade units and do your own painting.

Laminate: Laminate cabinets are durable and easy to maintain, plus they come in an array of colors. High-pressure laminates perform best, but are expensive. For strength, laminate should be applied to the back of doors as well as the front.

Hardware: Selection varies from one cabinetmaker to another. Pricier models usually offer the most sophisticated selections, including decorator-style pulls and hinges made of solid brass or nickel.



continued on page 80

The truth be known.

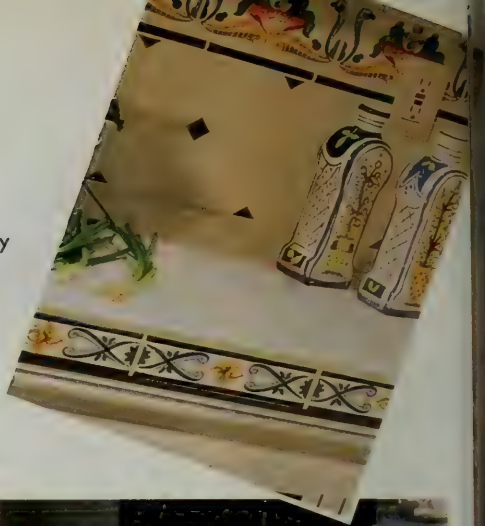


Both NatraTaste® and Equal® contain the same sweetening ingredient, Aspartame. But NatraTaste costs a lot less. So when it comes to sugar substitutes, you know which one is the sweeter deal.



Visit the NatraTaste website at http://www.natrataste.com Equal® is a registered TM of The NutraSweet Company. NatraTaste® is a registered TM of Stadt Corporation. ©1997 Stadt Corp.

continued from page 78



FLOORING

Vinyl: It's easy to maintain, comfortable on the feet, and also muffles noise. But vinyl is susceptible to dents and scratches if it's not properly maintained. The material is available in sheets and tiles; prices start at $4 a square foot installed.

Ceramic tile: Tile is available in an unlimited array of colors and sizes, making it a suitable choice for dressing up any kitchen. It tends to be cold and hard underfoot, but these qualities also make it durable. Installed prices begin at $10 a square foot.

Wood: Today's moisture-resistant finishes make wood floors practical for kitchens. Warm tones and underfoot comfort are two of the benefits. Wood is available in strips, planks, and parquet. Installed costs start at $7 a square foot.

Laminate: Combining the virtues of wood and vinyl, laminate floors are durable and resist both dents and moisture. Materials and installation cost $10 a square foot.

COUNTERTOPS AND BACKSPLASHES

Laminate: These low-maintenance surfaces are favorites for families. They're inexpensive and durable and come in a seemingly unlimited spectrum of colors and styles. Installed cost starts at $15 a running foot.

Butcher block: Both decorative and highly functional, butcher block can provide the perfect cutting surface. These counters tend to require maintenance, however, since they absorb moisture and may stain. Use them in conjunction with another material. Prices start at about $50 a running foot.

Ceramic tile: Tile countertops are durable, low maintenance, and resistant to moisture and stains, although the grout will stain. Tile can withstand hot pans and sharp utensils, but the hard surfaces may also be tough on delicate dishes. Installed cost starts at about $5 a square foot.



Stone: Counters from quarries are favorites for designer kitchens, and can be polished to a variety of sheens. Cut-to-fit slabs start at $120 a running foot. Stone tiles cost less, starting at $20 a square foot installed.



Solid surface (synthetic stone): These countertops are durable, easy to maintain, and moisture and stain resistant. Though you must be careful with hot pans and sharp utensils around this material, minor problems can be repaired with fine-grit sandpaper. Installed costs start at about $100 a running foot.



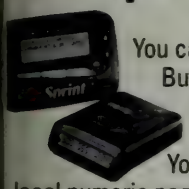
Buying information, page 280



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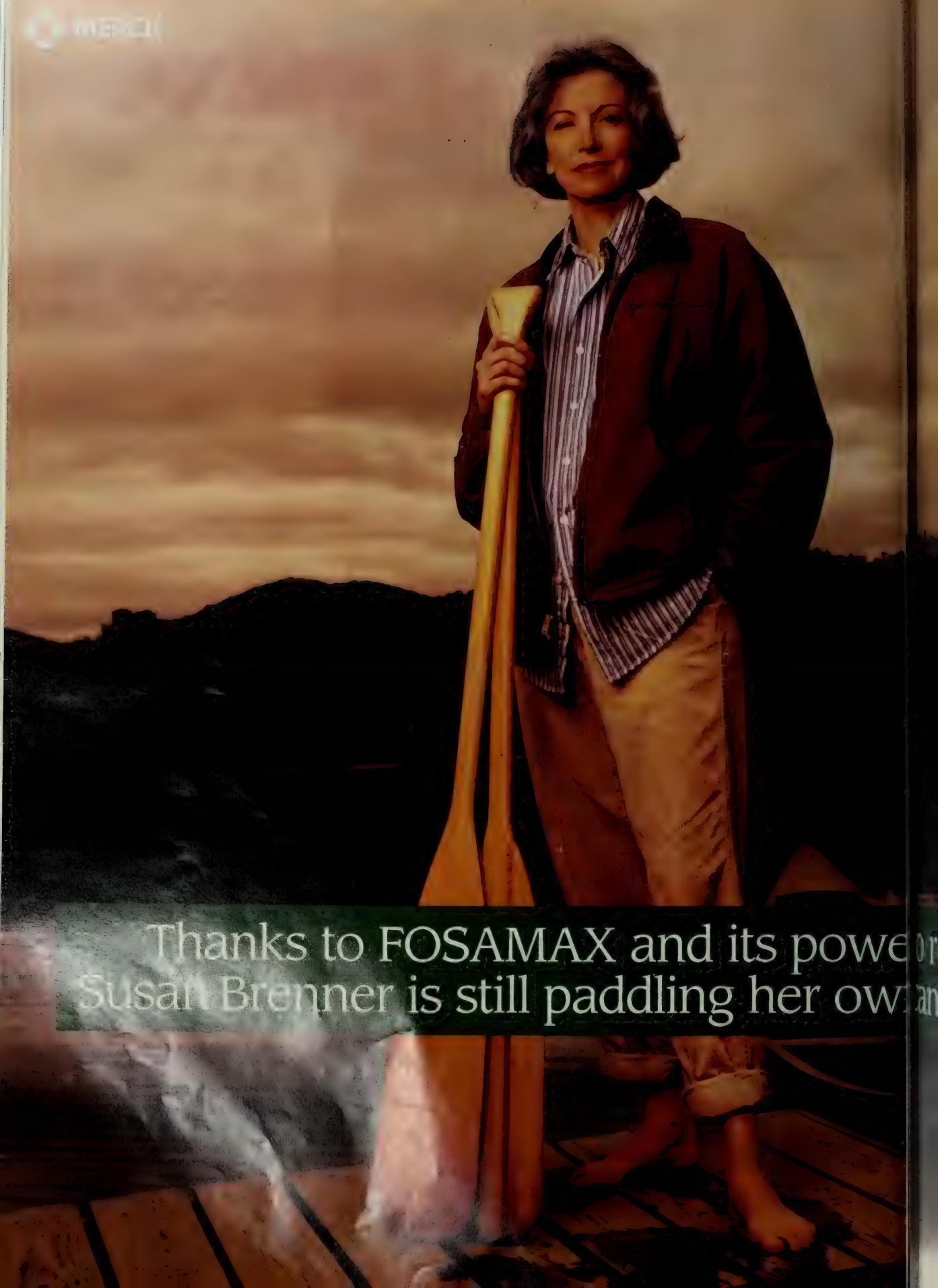
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BH 10/97


Thanks to FOSAMAX and its powe
Susan Brenner is still paddling her ow



FOSAMAX is the first non-hormonal treatment for postmenopausal osteoporosis proven to rebuild bone. So bones are less likely to fracture.

After menopause, Susan's doctor cautioned her that most women's bones begin to become thinner and weaker at that time. That can lead to osteoporosis, a problem you can have and not know it.

At first, he explained, the disease is silent. Many women find out they have it after breaking a bone.

And he explained that while the calcium Susan's been taking is important for osteoporosis, *calcium can't totally stop bone loss or rebuild bone after menopause.*

Susan's doctor evaluated her condition and the results of a simple, painless test, and determined that she did have osteoporosis.

So he prescribed FOSAMAX. The breakthrough treatment that's completely non-hormonal and can truly rebuild bone in most women.

See your doctor or other healthcare professional. And if it's determined that you do have osteoporosis, ask if FOSAMAX is right for you.

It should be used with caution if you have certain stomach or digestive problems, and should not be used if you have certain disorders of the esophagus (the tube that connects your mouth with your stomach), are unable to stand or sit upright for at least 30 minutes or have severe kidney disease, low levels of calcium in your blood, are allergic to FOSAMAX or are pregnant or nursing.

Some patients may develop severe digestive reactions including irritation, inflammation, or ulceration of the esophagus (see Patient Information for more details). Like all prescription drugs, FOSAMAX may cause side effects. Side effects usually have been mild. They generally have not caused patients to stop taking FOSAMAX.

But if you're like most women with osteoporosis, you'll find that FOSAMAX is a unique and powerful way to help build back the strength of your bones. And your ability to lead the active life you love.

Ask your doctor and call
1 800 214-7005 for information.

The power
to rebuild bone.

FOSAMAX®
(alendronate sodium tablets)

Please see Patient Information on next page and discuss it with your doctor.

971361(6)(004)-FOS

FOSAMAX® (alendronate sodium tablets)
Patient Information about
FOSAMAX® (FOSS-ah-max) for Osteoporosis
Generic name: alendronate sodium (a-LEN-dro-nate)

Please read this information before you start taking FOSAMAX. Also, read the Patient Information leaflet each time you renew your prescription, just in case anything has changed. Remember, the leaflet does not take the place of careful discussions with your doctor. You and your doctor should discuss FOSAMAX when you start taking your medication and at regular checkups.

How should I take FOSAMAX?

These are the important things you must do to help make sure you will benefit from FOSAMAX:

1. **After getting up for the day, swallow your FOSAMAX tablet with a full glass (6–8 oz.) of plain water only.**
   Not mineral water
   Not coffee or tea
   Not juice
2. **After swallowing your FOSAMAX tablet do not lie down — stay fully upright (sitting or standing) for at least 30 minutes and until after your first food of the day. Do not chew or suck on a tablet of FOSAMAX.** This will help the FOSAMAX tablet reach your stomach quickly and help avoid irritation of your esophagus (the tube that connects your mouth with your stomach).
3. **After swallowing your FOSAMAX tablet, wait at least 30 minutes before taking your first food, beverage, or other medication of the day,** including antacids, calcium supplements and vitamins. FOSAMAX is effective only if taken when your stomach is empty.
4. **Do not take FOSAMAX at bedtime or before getting up for the day.**
5. **If you have difficulty or pain upon swallowing, chest pain, or new or worsening heartburn, stop taking FOSAMAX and call your doctor.**
6. Take FOSAMAX once a day, every day.
7. It is important that you continue taking FOSAMAX for as long as your doctor prescribes it. FOSAMAX can treat your osteoporosis or help you from getting osteoporosis only if you continue to take it.
8. If you miss a dose do not take it later in the day. Continue your usual schedule of 1 tablet once a day the next morning.

What is FOSAMAX?

FOSAMAX is for the treatment or prevention of osteoporosis (thinning of bone) in women after menopause. It reduces the chance of having a hip, wrist or spinal fracture. You will find more information about osteoporosis at the end of the leaflet.

How does FOSAMAX work?

FOSAMAX works by:

- Reducing the activity of the cells that cause bone loss
- Decreasing the faster rate of bone loss that occurs after menopause
- Increasing the amount of bone in most patients

These effects are seen as soon as three months after therapy with FOSAMAX has begun. These effects continue as long as you keep taking FOSAMAX. The density of bone is maintained or increased and the bone is less likely to fracture. Thus, FOSAMAX prevents or reverses the progression of osteoporosis.

Who should not take FOSAMAX?

Patients with:

- Certain disorders of the esophagus (the tube that connects your mouth with your stomach)
- Inability to stand or sit upright for at least 30 minutes
- Low levels of calcium in their blood
- Severe kidney disease
- Allergy to FOSAMAX

Patients who are:

- Pregnant or Nursing

FOSAMAX is for use by women after menopause. If you are pregnant or nursing, you should not be taking FOSAMAX. Talk to your doctor.

What other medical problems should I discuss with my doctor?

Talk to your doctor about any:

- Problems with swallowing
- Stomach or digestive problems
- Other medical problems you have or have had in the past

What are the possible side effects of FOSAMAX?

Some patients may develop severe digestive reactions including irritation, inflammation or ulceration (occasionally with bleeding) of the esophagus (the tube that connects your mouth with your stomach). These reactions can cause chest pain, heartburn or difficulty or pain upon swallowing. This may occur especially if patients do not drink a full glass of water with FOSAMAX® (alendronate sodium tablets) and/or if they lie down in less than 30 minutes and before their first food of the day. Esophageal reactions may worsen if patients continue to take FOSAMAX after developing symptoms suggesting irritation of the esophagus.

Like all prescription drugs, FOSAMAX may cause side effects. Side effects usually have been mild. They generally have not caused patients to stop taking FOSAMAX. Some patients treated with FOSAMAX experienced abdominal (stomach) pain. This is the most commonly reported side effect. Less frequently reported side effects are:

Nausea, heartburn, irritation or pain of the esophagus (the tube that connects your mouth with your stomach), vomiting, difficulty swallowing, a full or bloated feeling in the stomach, constipation, diarrhea and gas.

Rarely stomach or other peptic ulcers (some severe) have occurred.

Bone, muscle or joint pain, headache, or an altered sense of taste were also experienced by some patients. Rarely, a rash has occurred. Allergic reactions such as hives or, rarely, swelling of the face, lips, tongue and/or throat which may cause difficulty in breathing or swallowing have also been reported. Mouth ulcers have occurred when the tablet was chewed or dissolved in the mouth.

Anytime you have a medical problem you think may be related to FOSAMAX, talk to your doctor.

What should I know about osteoporosis?

Normally your bones are being rebuilt all the time. First, old bone is removed (resorbed). Then a similar amount of new bone is formed. This balanced process keeps your skeleton healthy and strong.

Osteoporosis is a thinning and weakening of the bones. It is common in women after menopause. Menopause happens when the ovaries stop producing the female hormone, estrogen, or are removed (which may occur, for example, at the time of a hysterectomy). After menopause, bone is removed faster than it is formed, so bone loss occurs and bones become weaker. Therefore, maintaining bone mass is important to keep your bones healthy

At the start osteoporosis usually has no symptoms, but it can result in fractures (broken bones). Fractures usually cause pain. Fractures of the bones of the spine may not be painful, but over time they cause height loss. Eventually the spine becomes curved and the body becomes bent over. Fractures may happen during normal, everyday activity, such as lifting, or from minor injury that would normally not cause bone to break. Fractures most often occur at the hip, spine, or wrist. This can lead to pain, severe disability, or loss of mobility.

How can osteoporosis in postmenopausal women be treated or prevented?

- **Medication.** Your doctor has prescribed FOSAMAX. FOSAMAX acts specifically on your bones. FOSAMAX is not a hormone and does not have the benefits and risks of estrogen (hormone replacement therapy) elsewhere in your body. Either FOSAMAX or estrogen may be used to treat or prevent osteoporosis. You may want to talk to your doctor about these options.
- **Lifestyle changes.** In addition to FOSAMAX, your doctor may recommend one or more of the following lifestyle changes:
  - **Stop smoking.** Smoking appears to increase the risk of osteoporosis.
  - **Reduce the use of alcohol.** Too much alcohol appears to increase the risk of osteoporosis and injuries that may cause fractures.
  - **Exercise regularly.** Like muscles, bones need exercise to stay strong and healthy. Exercise must be safe to prevent injuries including fractures. You should consult your doctor before you begin any exercise program.
  - **Eat a balanced diet.** Adequate dietary calcium is important to patients with osteoporosis. Your doctor can advise you whether you need to change your diet or take any dietary supplements such as calcium or vitamin D.

This medication is prescribed for a particular condition. Do not use it for another condition or give the drug to others. Keep FOSAMAX and all medicines out of the reach of children. If you suspect that more than the prescribed dose of this medicine has been taken, drink a full glass of milk and contact your local poison control center or emergency room immediately. Do not induce vomiting. Do not lie down.

This leaflet provides a summary of information about FOSAMAX. If you have any questions or concerns about either FOSAMAX or osteoporosis, talk to your doctor. In addition, talk to your pharmacist or other healthcare provider.

MERCK & CO., INC.
Issued April 1997
West Point, PA 19486, USA

FOSAMAX®
(alendronate sodium tablets)

971361(6)(004)-FOS

MERCK

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reader shopping

Anniversary Sampler



Our sampler kit is available in both counted cross-stitch and quick-to-stitch stamped (printed) cross-stitch.

To celebrate the 75th birthday of *Better Homes and Gardens*® magazine, we've created this **"I Love My Home, I Love My Garden" Anniversary Sampler.** It captures the message this magazine has conveyed for three-quarters of a century: Home and family truly are where the heart is. Designed by Barncat Designs and manufactured by Banar Designs, this kit is available *exclusively* from the pages of our magazine and is not sold in stores.

We offer the kit in a stamped (printed) cross-stitch (finished size 18×16 inches) or a counted cross-stitch (finished size 13×12). Each kit comes with a full-color photo, silk-screened unbleached muslin for the stamped version *or* 14-count ivory cotton Aida fabric for counted version, embroidery floss, needle, chart, and complete step-by-step instructions. The price of the kit is $18.95, which includes shipping, handling, and applicable sales tax. ♦

TO ORDER with your Mastercard, Visa, or American Express card, call toll free 800/881-4066. *Please be prepared to specify the stamped or counted version.*

Sutter Street™

bring home yesterday



When little Sarah's mom first spied the Sutter Street™ collection from Broyhill, it brought back fond memories of scrambling onto her Nana's four poster bed. The collection, named after the San Francisco boulevard famous for its turn-of-the-century architecture, embodies all the romance and elegance of the Victorian era. So, choose Sutter Street; it will surely find its place among the things you treasure most.

Poster Bed, $1000**; Night Stand, $375; Bed Steps, $190; and Door Chest, $1375.

***Queen bed shown. King and Full also available. Rails not included.*

Broyhill®

Broyhill®

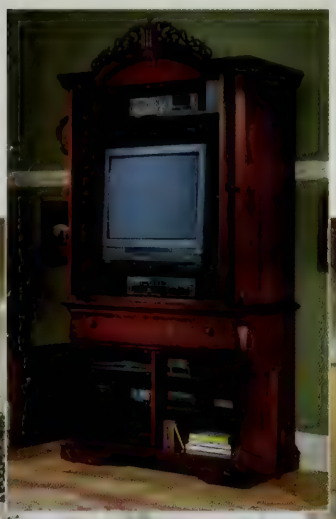


(Above) For an updated take on the classic drawing room, Elizabeth chose grandly scaled upholstery pieces with the loosely fitted, slipcover look. The prewashed damask is a perfect blend of ease and elegance. Sofa, $899-999*; Loveseat, $849-949*; Chair, $649-699*; Square Cocktail Table, $440; Sofa Table, $440; Square Lamp Table, $290; Commode End Table, $290; Curio Clock, $565.

(Left) Friends comfortably gather around this handsomely detailed Dining Table, $1125, which extends to 96" with two apron leaves. Note the breakfront styling on the China, $1875; onion bulb wood turnings on legs; pierced splat backs on the Arm Chair, $315, and Side Chair, $250.

**Upholstery pieces available in other fabrics. Prices vary with fabric and style.*

The Colacino's gracious home is a thoroughfare of friends and family of all ages; so for Elizabeth, luxury has to be liveable. With its authentic details and carvings, rich heirloom finish, wormy maple solids and cherry veneers, Sutter Street speaks of timeless elegance, but there is home style comfort and function built into every piece.







(Top Right) The Entertainment Center, $1750, readily accommodates the Colacino's modern electronic and multi-media storage needs yet features many old-fashioned details: lamb's tongue molding on side pilasters, scrolled bracket feet and recessed wood and satin brass hardware. Conveniences include adjustable shelves, large-screen TV allowance, knock-out back and cable hook-up for easy wiring.

(Above) The soft floral hues of the Sofa with fringed pillows, $899-999*, are brought into sharp focus in the bold stripe of the hand carved accent Chair, $599-649*. Chair-and-a-Half, $649-699*. Also available: Loveseat, $849-949*. Rectangular Cocktail Table, $315, and Commode End Table, $290, with spiral or rope twist molding. Entertainment Center, $1750.

(Left) The perfect accent piece for Elizabeth's dining room, this charming Server, $690, and optional Hutch, $315, with complex shapes and turnings provides plenty of storage below.



Sutter Street™





(Above) Escape into the exquisitely crowned Sutter Street Panel Bed, $625**. The Door Dresser, $940, with seven dovetailed drawers and two trays provides ample storage. Wing Mirror, $440; Night Stand, $375. Also available: Queen size Sleigh Bed (not shown) $1000.

(Top Right) Tuck away jewelry and cosmetics in this beautifully crafted Sutter Street Vanity, $690, with Vanity Bench, $190. The hinged Mirror, $375, provides Elizabeth and Sarah a three-way view.

(Right) The Sutter Street Wardrobe, $1125, features adjustable shelves, drawer stops and crown-shaped beveled glass mirror.

***Queen bed shown. King and Full also available. Rails not included.*



Smart Buys™ from
Broyhill

1-800-3-BROYHILL (1-800-327-6944)
Call Broyhill Consumer Assistance Center 8:30am-5:00pm EST
Broyhill Furniture Industries, Inc. • Lenoir, NC 28633

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*Manufacturer's suggested "Smart Buys" prices effective through December 31, 1997. Prices may vary at individual retailers. All items may not be available at all locations. Furniture items may be specially ordered. AD#1097

The Broyhill Difference®



Dressers and chests employ mortise and tenon joints on cross support rails between drawers to create structural strength and sturdiness.



Our solid wood frames are strengthened by screws and glue blocks as well as double and triple dowel joints to endure years of everyday use.



Attention to detail, like this authentic onion bulb wood turning, makes the Sutter Street collection timeless and enduring.



Look in the top left drawer or under the seat cushion and make sure it's Broyhill

Look In The Drawer & Make Sure It's Broyhill

The items on these pages may be purchased at the following Broyhill Dealers:

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Flagstaff	Highland Fine Furnishings
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[illegible]	Dorson Furniture*
[illegible]	[illegible] Home
Lake Havasu	[illegible]
Lakesi[illegible]	
Mesa	[illegible]niture
Payson	[illegible]
Phoenix	[illegible] M. D
Prescott	Marler
Scottsdale	Sears Ho[illegible]
Thatcher	Vals Applian[illegible]
Tucson	American Hom[illegible] Dorson Furniture Sears Homelife
Yuma	Barenholtz Fine Furnitu[illegible]

CALIFORNIA

Anderson	Kueblers Furniture*
Bakersfield	Summer Furniture
Cerritos	Sears Homelife
Chico	Austins Home Furnishers*
Concord	Sears Homelife
Costa Mesa	Sears Homelife
Covina	Sears Homelife
Crescent City	Kueblers Furniture*
Eureka	Hi-Valu Furniture & Appliance
Fremont	Connollys Fine Furniture
Fresno	Fashion Furniture
Glendale	Sears Homelife
Grass Valley	Hedman Furniture
Hanford	Salmons Furniture Galleries*
Hayward	Sears Homelife
La Jolla	Sears Homelife
Laguna Hills	Sears Homelife
Los Angeles	Sears Homelife
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Marysville	B. J. Richardson Home Furniture*
Montclair	Sears Homelife
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S[illegible]	House of Value
Th[illegible]od Oaks	Sears Homelife
Tor[illegible]	Sears Homelife
Turlock	Woods Furniture
Weed	Edgewood Custom Interiors

IDAHO

Blackfoot	Blackers Furniture
Boise	Commercial Home Furnishings*
Idaho Falls	Blackers Furniture
Lewiston	Sylvans Furniture*
Pocatello	Southeast Furniture
Twin Falls	Browns Furniture

NEVADA

Las Vegas	Sears Homelife
	Walker Furniture*
Reno	Gruners Furniture Inc.
Winnemucca	C.B. Brown Co., Inc.

OREGON

Hermiston	Hermiston Fine Furniture
Hood River	Murrays Furniture*
Klamath Falls	Lucas & Howard Furniture
Medford	Joseph Winans*
Roseburg	Kueblers Furniture*
Salem	Kueblers Furniture*
Seaside	Roehms Home Furnishings
Tigard	Ripleys Fine Furniture
	Sears Homelife
Tualatin	Ripleys Fine Fruniture

UTAH

Layton	Sears Homelife
Midvale	Sears Homelife
Murray	R.C. Willey Home Furnishings*
Orem	R.C. Willey Home Furnish
Riverdale	R.C. Willey Home Furnish
Saint George	Boulevard Furniture
Salt Lake City	R.C. Willey Furniture*
	R.C. Willey Home Furnish
Syracuse	R.C. Willey Home Furnish
West Valley	R.C. Willey Home Furnish

WASHINGTON

Lynnwood	Sears Homelife
Mt Vernon	Lyons Furniture & Sleep Center
Oak Harbor	Whidbey Furniture & Car
Silverdale	Sears Homelife
Spokane	Burgans Furniture*
Tukwila	Sears Homelife
Vancouver	Koplans Furniture*
Wenatchee	Davis Furniture*
Yakima	Schultz Furniture*

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ALBERTA

Calgary	McArthur Furniture
Edmonton	Finesse Furnishings Inc.*
Ft. McMurray	Rikis Home Furn.
Lloydminster	Potpourri Decorating
Red Deer	Sims Furniture Ltd.*

BRITISH COLUMBIA

Chilliwack	Grand Pappys Furn.
Coquitlam	Sandys Furniture*
Richmond	Sandys Furniture*

ONTARIO

Brantford	Pauls Furn & Stereo
	Heritage Fi
Burlington	G G Goethi
Dublin	Jones Furn
Leamington	Richway Fu
Mississauga	Brandsmar
Scarborough	Stoney Cre
Stoney Creek	G H Johns
Toronto	Trading C
	Trillium Fu
Woodbridge	

* Denotes Broyhill Showcase Gallery

Three's Company

Tips for picking a color palette



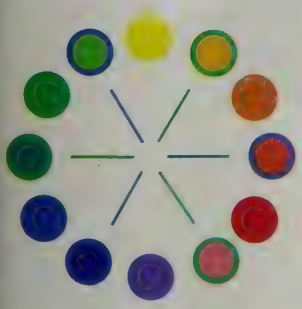
Use light colors and plenty of white to make a triad scheme peaceful.

Triad colors are three hues equidistant from each other on the color wheel. Because the triple-color scheme easily slips into eye-jarring clashes, it's the most difficult to pull off.

Just how lively the palette becomes is up to you. Reduce the intensities of all the hues or all but one for a tranquil mood. To keep the palette in check, use soft colors and lots of white (*top right*). If you prefer bright, pure color, use the scheme in small areas or as an accent on a neutral background (*lower right*) to prevent visual overload.

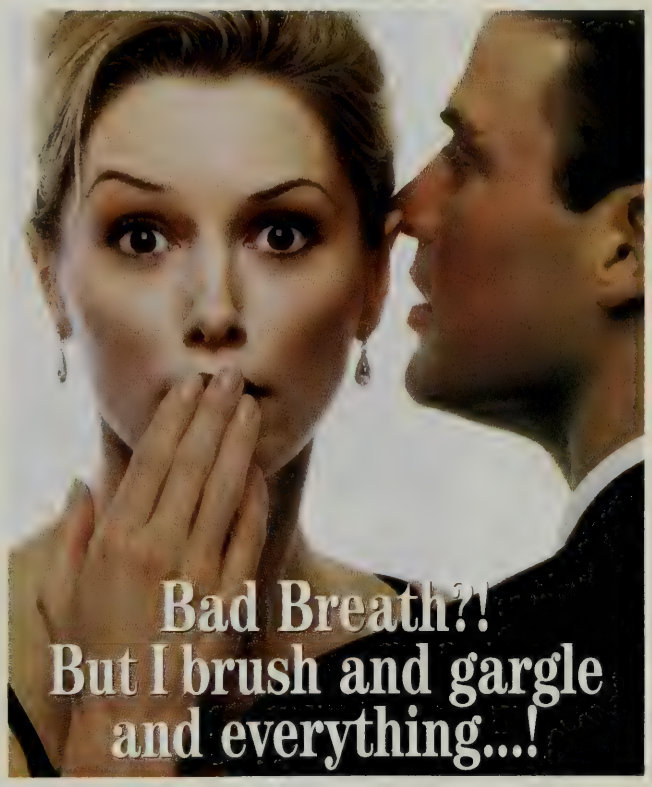


Strengthen a scheme's intensity by adding more color. Watch out for visual chaos.



When selecting the intensity of your three complementary colors, consider the size of your room and its furnishings. Intense colors draw attention to themselves more than subdued ones. When placed on a piece of furniture, strong colors cause it to appear larger than it actually is. Soft colors are more appealing in small spaces or on large furniture. Surrounding yourself with too much intensity can be emotionally irritating. When choosing bright colors, use them as accents against a neutral background, such as white, black, or gray.

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this one is too small



this one is too big



this one is just right

by Catherine Kramer and Candace Ord Manroe



WHEN IT CAME TO SIZING UP HOME FURNISHINGS, GOLDILOCKS EVENTUALLY GOT IT RIGHT—BUT ONLY AFTER BREAKING A LOT OF CHAIRS. THERE'S AN EASIER WAY. WHETHER YOU'RE PICKING OUT A LAMP, CHAIR, OR RUG, THE SUGGESTIONS ON THE FOLLOWING PAGES WILL HELP YOU MATCH THE RIGHT PIECE TO YOUR SETTING.

continued on page 88

Buying information, see page 280

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just-right lamps

continued from page 86

LAMPS CAN BE TRICKY TO SIZE CORRECTLY. WHEN CHOOSING ONE, ESPECIALLY FOR READING, KEEP IN MIND BOTH PROPORTION AND HOW THE PIECE WILL FUNCTION.





▲ **TOO SMALL:** This petite porcelain lamp is overwhelmed by the high-back sofa and stocky chair that surround it. Because of its small scale, the lamp also functions less than adequately, since optimum reading light comes from slightly above eye level.

TOO BIG: ▶ Though graceful in shape, this tall lamp towers above the nearby sofa and chair. It is also several inches taller than the table it rests on, throwing off the balance there as well. Finally, this lamp is too tall to provide optimal reading light: When seated you can see the bulb, which casts an annoying glare.

▲ **JUST RIGHT:** For the best fit, an end-table lamp like this one should be tall enough to clear the top of the sofa with a little room to spare, yet not so tall that it dwarfs the table it's resting on. This lamp's solid form holds its own with the seating pieces. And its wooden base echoes the design of the rectangular table for a seamless visual flow.



continued on page 90



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just-right chairs

continued from page 88

UPHOLSTERED SOFAS AND CHAIRS OFTEN ARE THE DOMINANT PIECES IN A ROOM. WHEN PAIRING THEM UP, CONSIDER SHAPE AND SCALE, BUT ALSO TAKE INTO ACCOUNT HOW COLOR CONTRIBUTES TO AN OVERALL SENSE OF BALANCE.





▲ **TOO SMALL:** This small chair proves that there's more to scale than height. Sure, it's too short in proportion to the sofa. But a razor-thin back, reedy legs, and paper-width sides also contribute to the chair's diminutive look. Although the blond rattan matches the pine benches and the pale upholstery connects to the light-colored walls, even these work as a negative: The chair's light palette accentuates its skinny scale.

TOO BIG: ▶ Traditional styling isn't this wing chair's problem. Proportion is. The high back is stately, but it overpowers the lower-back sofa, which should be the room's dominant piece. The dark caramel color also dominates the room's other furnishings. The result: This chair's massive scale diminishes everything around it.

▲ **JUST RIGHT:** This club chair matches the scale of the sofa. Its back and seat cushions are compatibly plump, its rolled arms fittingly thick, and its height roughly equal. By repeating the sofa colors on a lighter background, the chair's upholstery fabric allows the sofa to remain visually dominant. Plus, the light cotton blends with the white wall and doesn't detract from the finer scaled benches and other accessories.



continued on page 92



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just-right rugs

continued from page 90

AN AREA RUG'S NAME TELLS ITS FUNCTION: IT'S MEANT TO COVER A SPECIFIC AREA NOT THE ENTIRE FLOOR. BUT HOW MUCH OF AN AREA? TO DETERMINE, CONSIDER THE REASONS FOR ADDING ONE IN THE FIRST PLACE: INTIMACY, ACCENT, AND SPACE DEFINITION.



▲ **JUST RIGHT:** To define a conversation area and create intimacy, choose an area rug that's about as long and wide as the furnishings in the space. This area rug is just right because it spans the length of the sofa and the width of the rocking chair. Also, it is big enough to accommodate all four legs of the cocktail table—a must.



▲ **TOO SMALL:** Ideally, this braided rug should knit the sofa, rocking chair, and cocktail table into one intimate grouping. Here, even the cocktail table isn't fully grounded by this pint-size piece. Instead of creating intimacy, the rug only increases the appearance of isolation.



▲ **TOO BIG:** Visually connecting the furnishings is one thing, but swallowing them up is another. This rug covers too much of the floor beyond the conversation area to define it as a discrete space. Intimacy is lost, and, because the rug has become a dominant feature in the room, so is its asset as an accent. Tip: Leave enough exposed floor around the area rug for the rug to work as an accent. This also allows the rug to complement the furnishings without overwhelming them.

DORAL



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FIRST



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Linda Holt • Clemmons, NC



Beverly Hopkins • Bishopville, SC



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Linda

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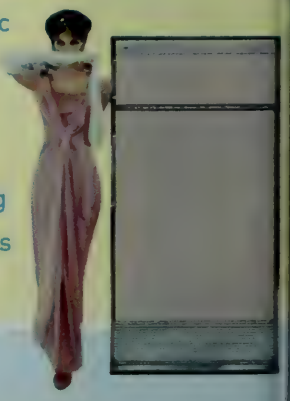
Chevy Malibu



In the past 75 years, technology has staked an indelible claim on our home and family routines, rendering our day-to-day lives virtually unrecognizable to parents and homeowners of prior decades. From silent movies to VCRs, gramophones to car phones, walkie-talkies to the Internet, American technology has brought us to places our forebears never dreamed possible. Join us in this celebration of American innovation...where we've been and where we're going.



BUYING A CAR Buying on credit, a new concept in the roaring 1920s, virtually transformed American lifestyles. With easy monthly payments, a family could enjoy such wonders as a new washing machine, an ice-making refrigerator, or a radio. Even better were the new long-term loans which made the dream of car and home ownership a reality for many Americans. As the first car company to establish its own finance subsidiary, GMAC, General Motors was a pioneer in contributing to a major societal shift - making Americans mobile. After 1925, three out of four cars in the U.S. were sold on the installment plan. By the 1930s, the country was reeling from the Great Depression, but the decade still saw breakthrough inventions such as the electric typewriter, fluorescent light, and synthetics which were used in nylon toothbrushes and nylon stockings. Simultaneously, society's view of women continued to shift: advertisements for products traditionally bought by men, such as automobiles, were now being directed to women. Mothers were also introduced to child car restraints which were touted as "perfect for a busy woman."



Driven to Perfection

General Motors Across the Decades



1919 In an effort to make General Motors cars more widely affordable, the financing company GMAC was formed, offering consumers long-term loans.



1929 Chevrolet introduces its first 6-cylinder engine for the price of a 4-cylinder.



1935 Chevrolet is a pioneer in the station-wagon field with the introduction of its Suburban Carryall.

INNOVATION

75 years of excellence

TANKS TO TEST TUBES Manufacturing shifted gears in the 1940s as factories that once produced cars or appliances now cranked out tanks and planes. While penicillin was discovered in the 1920s, it wasn't until the 1940s that it became a "wonder drug" – and was used on World War II soldiers. That and other antibiotics transformed the fight against infection. By the 1950s, regular vaccinations for small pox, whooping cough, tetanus and especially polio made these dreaded diseases scourges of the past. Even tuberculosis – a disease which in 1950 caused more deaths than any other among 15-34 year-olds -- was curbed. Soldiers returned from the battlefields to settle down with families of their own and a shortage of housing caused a boom in the building industry. Suburbs sprouted up as families migrated out of over-crowded cities. With these 'burbs came a new culture: power lawnmowers, backyard barbecues, and daily commutes to the city.



Scientific innovation helped Americans live longer

CARS AND FAMILY TRAVEL The growth of the interstate system opened new worlds for Americans in suburban and rural areas. At the same time, car manufacturers continued to improve cars by adding special features like power steering, power brakes and better engines that made cars easier to drive. The 1950s also saw an emphasis on style; tail fins, chrome, and unusual color combinations were introduced, making it clear manufacturers and car owners were having fun with their vehicles. The station wagon reached a peak in popularity, and gave families room to pack in the kids and hit the highways. For the first time, the possibility of traveling across country was open to most Americans. People who had lived their entire lives in small towns were finally able to visit family and friends in faraway cities and enjoy the country's natural wonders such as the Grand Canyon and Yellowstone.



The roadtrip became a favorite family vacation.



1954 Power brakes, seats and windows were offered for the first time.



1957 Chevrolet introduces what will become the most prized collector car ever: the 1957 Bel Air.



1967 Standard safety features in every '67 Chevrolet car include a new energy-absorbing steering column, and seat belts.

Things we've not

Generally speaking, t

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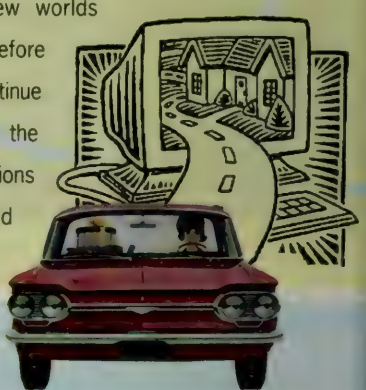
ipment additional. Malibu is a registered trademark and Chevy is a trademark of the GM Corp. ©1997 GM Corp. Buckle up, America! ■

RACE FOR THE STARS All out war may have ended by the mid-50s but a Cold War chilled the global political climate, and spurred the United States and the Soviet Union into a space race. In 1958, the first U.S. satellite was launched, one year behind USSR's Sputnik. The first space traveler was a Soviet astronaut, but the United States put the first man on the moon in 1969. These technological breakthroughs offered some down-to-earth benefits for the average American. Telecommunication satellites assisted in transatlantic telephone and television relays. In 1975 the first personal computer was built, and by the 1980s technology (again) significantly transformed the way Americans lived their lives. The now common computer and a new fax machine accelerated office productivity. Answering machines changed the way we communicated with friends and family, and video cassette recorders and video games gave us new entertainment options. Finally, mainstream Americans understood what that bar code was all about, as grocery store lines moved more quickly thanks to computerized registers that scanned each product. Cars sported more high-tech computerized gadgets. Features such as electric windows and door locks became standardized on most car models.



Meanwhile, protective safety innovations like automatic seatbelts, anti-lock brakes and integrated car seats became widely available. And special features became more affordable to a greater number of people through leasing. In 1982 GMAC offered its Direct Leasing Plan which introduced the advantages of affordable leasing to individuals. Six years later, in response to growing consumer interest, GMAC announced a new lease plan called SMARTLEASE. What these leasing plans offered consumers was the chance to drive more expensive cars, or cars loaded with more features than they would otherwise have been able to afford through a purchase plan.

NEW HORIZONS The Information Superhighway has become the hottest way to travel in the 1990s. Instant global communication through the Internet and e-mail have connected people across the country and around the world. Volumes of information can be obtained with the mere click of a button, and messages can be transmitted in seconds to nearly anywhere across the globe. The innovations of the past 75 years have changed our world and our visions of the future. They've opened up possibilities only dreamed of a century ago – and at a dizzying speed. As we approach a new century with information from Mars, we eagerly anticipate the new worlds that will open before our eyes and continue to depend upon the miraculous innovations that have shaped our present.



Driven to Perfection
General Motors Across the Decades



1983 The S-10 Blazer is introduced and becomes America's number one sports utility vehicle.



1992 Chevrolet puts standard anti-lock brakes on more 1992 car and truck models than any other manufacturer.



1997 Chevrolet brings back the Chevy Malibu a family sedan--and wins Motor Trend "1997 Car the Year Award".

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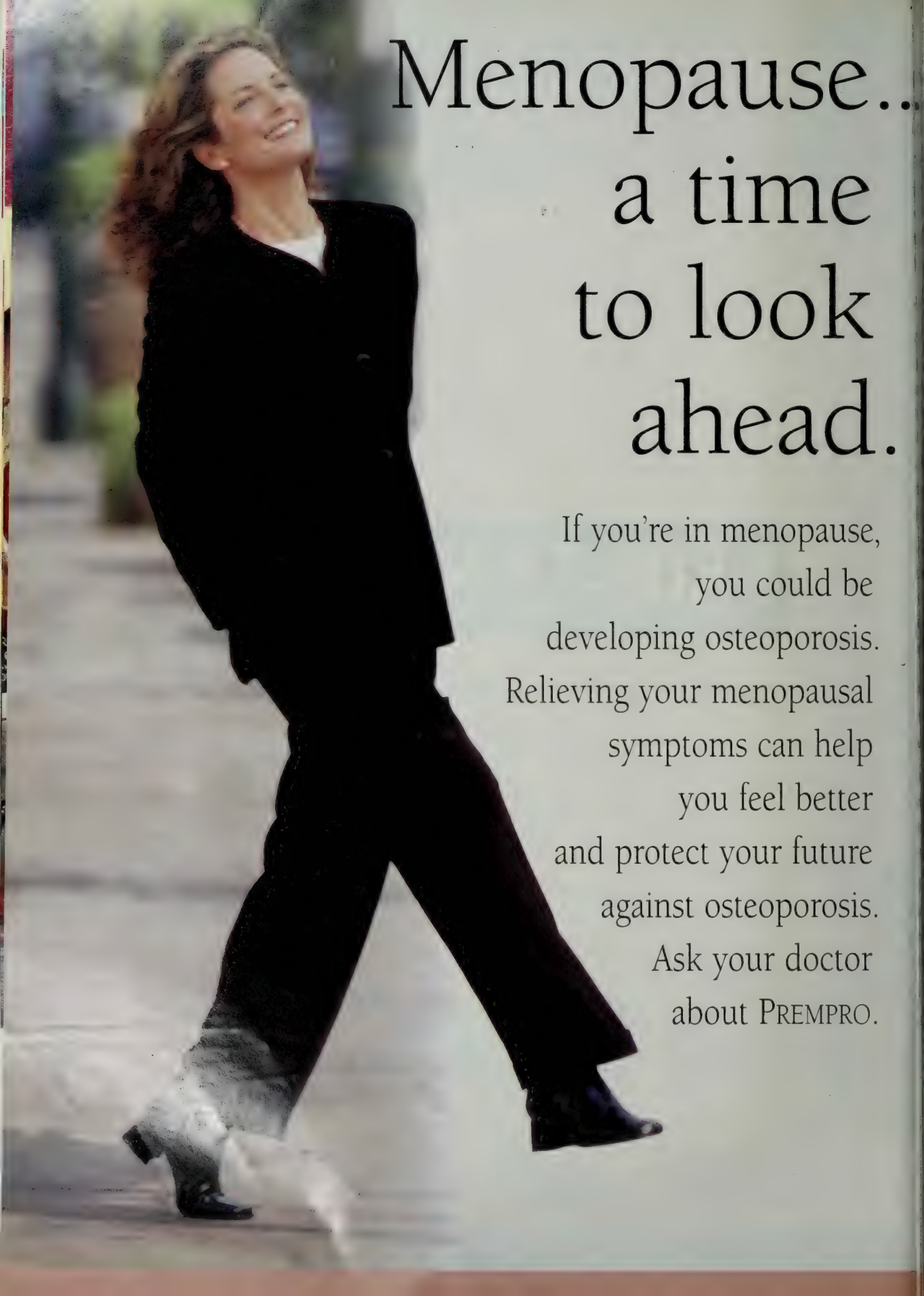
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Menopause... a time to look ahead.

If you're in menopause, you could be developing osteoporosis. Relieving your menopausal symptoms can help you feel better and protect your future against osteoporosis. Ask your doctor about PREMPRO.

you're in menopause, changes are occurring within ur body. Changes that not only affect you now but it could significantly affect your future.

e hot flashes, night sweats, and vaginal dryness you ght be experiencing are a result of your body producing s and less estrogen. Hormone replacement therapy th PREMPRO can relieve those symptoms and help you l better.

u may be losing bone mass...right now.

enopause also marks the time in your life when, cause of estrogen loss, you begin losing bone mass re quickly. In fact, half the bone mass a woman loses lost in the first 3 to 6 years after menopause begins. r some women, bone loss can lead to osteoporosis, serious disease affecting one out of every four men over 50. Ask your doctor about risk factors for eoporosis to help determine if you're at risk.

hile calcium, diet, and exercise are important to lp maintain bone strength, they may not be enough help prevent osteoporosis. For this reason, many ctors prescribe PREMPRO for women who have not d a hysterectomy.

EMPRO is low-dose hormone replacement therapy, HRT, and it is the only estrogen-progestin combi-tion available in a single tablet.

EMPRO combines the estrogens in PREMARIN® (conju-ed estrogens tablets, USP), the estrogen taken by more n 9,000,000 American women, with a progestin...in convenient tablet.

hile some women taking PREMPRO may experience nstrual-like bleeding, research has shown that ny women who use PREMPRO stop bleeding within ear of use.

men taking PREMPRO may experience an increase their high-density lipoproteins (HDLs), generally known as "good" cholesterol, although this effect is less than when taking PREMARIN alone. PREMPRO also decreases low-density lipoproteins (LDLs), generally known as "bad" cholesterol. This effect is comparable to PREMARIN alone. Be sure to talk to your doctor about your cholesterol profile.

Side effects of hormones should be considered.

If you have not had a hysterectomy, estrogen alone can increase the risk of cancer of the uterus. The addition of progestin greatly reduces this risk. That is why many doctors and health care providers now prescribe progestin with estrogen for their patients. Progestins may have unfavorable effects on blood sugars, which may worsen a diabetic condition. The most commonly reported side effects of HRT are breast tenderness, headache and abdominal pain.

When you speak to your doctor or health care provider about HRT, be sure to discuss your personal and family history of breast cancer, breast lumps, abnormal vaginal bleeding, abnormal blood clotting, severe headache, dizziness or liver disease. Women who are pregnant should not take HRT because of possible risks to the fetus.

Help protect your future against osteoporosis. Speak to your doctor about the long-term effects of menopause, such as osteoporosis.

Today, more women than ever are taking an active role in their own health care. Why not help protect your future against osteoporosis?

Speak to your doctor or health care provider. Ask about PREMPRO, the low-dose HRT proven to relieve symptoms of menopause and to help prevent osteoporosis. You'll feel better.

Please be sure to read the important information on the following page.

PREMPRO™

(conjugated estrogens/medroxyprogesterone acetate tablets)
0.625 mg/2.5 mg

Ask your doctor.

BRIEF SUMMARY OF PRESCRIBING INFORMATION FOR THE PATIENT

PREMPRO™ Brand of conjugated estrogens/medroxyprogesterone acetate tablets.
This summary describes when and how to use estrogen/progestin drugs and the benefits and risks of treatment.

ESTROGENS INCREASE THE RISK OF CANCER OF THE UTERUS IN WOMEN WHO HAVE HAD THEIR MENOPAUSE ("CHANGE OF LIFE"). ***THIS FINDING REFERS TO ESTROGENS GIVEN WITHOUT PROGESTIN.***
Progestin drugs taken with estrogen-containing drugs significantly reduce but do not eliminate this risk. If you use any estrogen-containing drug, it is important to visit your doctor regularly and report any unusual vaginal bleeding right away. Vaginal bleeding after menopause may be a warning sign of uterine cancer. Your doctor should evaluate any unusual vaginal bleeding to find out the cause.

ESTROGENS/PROGESTINS SHOULD NOT BE USED DURING PREGNANCY.
Estrogens do not prevent miscarriage (spontaneous abortion) and are not needed in the days following childbirth. If you take estrogens during pregnancy your unborn child has a greater than usual chance of having birth defects. These birth defects may affect the baby's urinary system and sex organs.

ESTROGEN/PROGESTIN DRUGS
PREMPRO is a combination of two hormones, an estrogen and a progestin. This hormone combination has been shown to provide the benefits of estrogen replacement therapy while lowering the frequency of a possible precancerous condition of the uterine lining. This therapy is not intended for women who have had a hysterectomy (surgical removal of the uterus).

Estrogens have several important uses but also some risks. You must decide, with your doctor, whether the risks of estrogens are acceptable when weighed against their benefits. Check with your doctor to make sure you are using the lowest possible effective dose.

With PREMPRO therapy several menstrual-like bleeding patterns may occur. These may range from absence of bleeding to irregular bleeding. If bleeding occurs, it is frequently light spotting or moderate menstrual-like bleeding, but it may be heavy. Please discuss your bleeding pattern and set up an appropriate schedule for follow-up care with your physician.

USES OF ESTROGEN
To reduce menopausal symptoms. Estrogens are hormones produced by the ovaries of normal women. The decrease in the amount of estrogen that occurs in all women, usually between the ages of 45 and 55, causes menopause. Sometimes the ovaries are removed during an operation causing "surgical menopause." When the amount of estrogen begins to decrease, some women develop very uncomfortable symptoms, such as feelings of warmth in the face, neck, and chest, or sudden intense episodes of heat and sweating ("hot flashes" or "hot flushes"). Using estrogen drugs can help the body adjust to lower estrogen levels and reduce these symptoms. Some women have none or only mild menopausal symptoms; in others, symptoms can be severe. These symptoms may last only a few months or longer. Taking PREMPRO can alleviate these symptoms. If you are not taking hormones for other reasons, such as the prevention of osteoporosis, you should take PREMPRO only as long as you need it for relief from your menopausal symptoms.

To prevent brittle bones. After age 40, and especially after menopause, some women develop osteoporosis. This is a thinning of the bones that makes them weaker and more likely to break, often leading to fractures of spine, hip, and wrist bones. Taking estrogens after the menopause slows down bone loss and may prevent bones from breaking. Eating foods that are high in calcium (such as dairy products) or taking calcium supplements (1000 to 1500 milligrams per day) and certain types of exercise may also help prevent osteoporosis. Since estrogen use is associated with some risks, its use in the prevention of osteoporosis should be limited to women who appear susceptible to this condition. The following characteristics are often present in women who are likely to develop osteoporosis: white or Asian race, thinness, cigarette smoking, family history, and early or surgical menopause.

To treat vulvar and vaginal atrophy (itching, burning, dryness in or around the vagina, difficulty or burning on urination) associated with menopause.

WHEN ESTROGENS SHOULD NOT BE USED
During pregnancy (see Boxed Warning). If you think you may be pregnant, do not use any form of estrogen-containing drug. Using estrogens while you are pregnant may cause your unborn child to have birth defects. Estrogens do not prevent miscarriage.

If you have unusual vaginal bleeding which has not been evaluated by your doctor (see Boxed Warning). Unusual vaginal bleeding can be a warning sign of cancer of the uterus, especially if it happens after menopause. Your doctor must find out the cause of the bleeding so that he or she can recommend the proper treatment. Taking estrogens without visiting your doctor can cause you serious harm if your vaginal bleeding is caused by cancer of the uterus.

If you have had cancer. Since estrogens increase the risk of certain types of cancer, you should not use estrogens if you have ever had cancer of the breast or uterus.

If you have any circulation problems. Estrogen drugs should not be used except in unusually special situations in which your doctor decides that you need estrogen therapy so much that the risks are acceptable. Women with abnormal blood clotting conditions should avoid estrogen use (see **RISKS OF ESTROGENS AND/OR PROGESTINS**).

When they do not work. During menopause, some women develop nervous symptoms or depression. Estrogens do not relieve these symptoms. You may have heard that taking estrogens for years after menopause will keep your skin soft and supple and keep you feeling young. There is no evidence for these claims and such long-term estrogen use may have serious risks.

After childbirth or when breast-feeding a baby. Estrogen should not be used to try to stop the breast from filling with milk after a baby is born. Such treatment may increase the risk of developing blood clots (see **RISKS OF ESTROGENS AND/OR PROGESTINS**).

If you are breast-feeding, you should avoid using any drugs because many drugs pass through to the baby in the milk. While nursing a baby, you should take drugs only on the advice of your health care provider.

RISKS OF ESTROGENS AND/OR PROGESTINS
Cancer of the uterus. The risk of cancer of the uterus increases when estrogens are used alone, the longer they are used, and when larger doses are taken. There is a higher risk of cancer of the uterus if you are overweight, diabetic, or have high blood pressure.

The hormone combination you will be taking contains estrogen and progestin. This combination has been shown to provide the benefits of estrogen replacement therapy while reducing the risk of a precancerous condition of the uterine lining.

Additional risks may be associated with the inclusion of a progestin in estrogen treatment. The possible risks include unfavorable effects on blood fats and sugars. Usually, the smaller the dose and the shorter the duration of treatment, the more these effects are minimized. Check with your doctor to make sure you are using the lowest effective dose and only for as long as you need it.

Cancer of the breast. Most studies have not shown a higher risk of breast cancer in women who have ever used estrogens. However, some studies have reported that breast cancer developed more often (up to twice the usual rate) in women who used estrogens for long periods of time (especially more than 10 years), or who used high doses for shorter time periods. The effects of added progestin on the risk of breast cancer are unclear. Some studies have reported a somewhat increased risk, even higher than the possible risk associated with estrogens alone. Others have not. For breast examinations by a health professional and monthly self-examination are recommended for all women.

Gallbladder disease. Women who use estrogens after menopause are more likely to develop gallbladder disease needing surgery than women who do not use estrogens.

Inflammation of the Pancreas. Women with high triglyceride levels may have an increased risk of developing inflammation of the pancreas.

Abnormal blood clotting. Taking estrogens may increase the risk of blood clots. These clots can cause a stroke, a heart attack, or a pulmonary embolus, any of which may cause death or serious long-term disability.

Excess calcium in the blood. Taking estrogens may lead to severe hypercalcemia in women with breast and/or bone cancer.

During pregnancy. There is an increased risk of birth defects in children whose mothers take this drug during the first four months of pregnancy. Several reports suggest an association between mothers who take these drugs in the first trimester of pregnancy and genital abnormalities in male or female babies. The risk to the male baby is the possibility of being born with a condition in which the opening of the penis is on the underside rather than the tip of the penis (hypospadias). Hypospadias occurs in about 5 to 8 per 1,000 male births and is about doubled with exposure to these drugs. There is not enough information to quantify the risk to exposed female fetuses. However, enlargement of the clitoris and fusion of the labia may occur, although rarely.

Therefore, since drugs of this type may induce mild masculinization of the external genitalia of the female fetus, as well as hypospadias in the male fetus, it is wise to avoid using the drug during the first trimester of pregnancy. These drugs have been used as a test for pregnancy, but such use is no longer considered safe because of possible damage to a developing baby. Also, more rapid methods for testing for pregnancy are now available. If you take PREMPRO and later find you were pregnant when you took it, be sure to discuss this with your doctor as soon as possible.

SIDE EFFECTS WITH ESTROGENS AND/OR PROGESTINS
In addition to the risks listed above, the following side effects have been reported with estrogen and/or progestin use:
- Nausea, vomiting, pain, cramps, swelling, or tenderness in the abdomen.
- Yellowing of the skin and/or whites of the eyes.
- Breast tenderness or enlargement.
- Enlargement of benign tumors of the uterus.
- Irregular bleeding or spotting.
- Change in amount of cervical secretion.
- Vaginal yeast infections.
- Retention of excess fluid. This may make some conditions worsen, such as asthma, epilepsy, migraine, heart disease, or kidney disease.
- A spotty darkening of the skin, particularly on the face, reddening of the skin, skin rashes.
- Worsening of porphyria.
- Headache, migraines, dizziness, faintness, or changes in vision (including intolerance to contact lenses).
- Mental depression.
- Involuntary muscle spasms.
- Hair loss or abnormal hairiness.
- Increase or decrease in weight.
- Changes in sex drive.
- Possible changes in blood sugar.

REDUCING THE RISKS OF ESTROGEN/PROGESTIN USE
If you decide to take an estrogen/progestin combination, you can reduce your risks by carefully monitoring your treatment.

See your doctor regularly. While you are taking PREMPRO, it is important to visit your doctor at least once a year for a checkup. If you develop vaginal bleeding while taking estrogens, you may need further evaluation. If members of your family have had breast cancer or if you have ever had breast lumps or an abnormal mammogram (breast X ray), you may need to have more frequent breast examinations.

Reassess your need for treatment. You and your doctor should reevaluate your need for estrogens at least every six months.

Be alert for signs of trouble. Report these or any other unusual symptoms to your doctor immediately.
- Abnormal bleeding from the vagina.
- Pains in the calves or chest, a sudden shortness of breath, or coughing blood.
- Severe headache or vomiting, dizziness, faintness, or changes in vision or speech, weakness or numbness of arm or leg.
- Breast lumps.
- Yellowing of the skin and/or whites of the eyes.
- Pain, swelling, or tenderness in the abdomen.

OTHER INFORMATION
Estrogens increase the risk of developing a condition (endometrial hyperplasia) that may lead to cancer of the lining of the uterus. Taking progestin, another hormonal drug, with estrogens lowers the risk of developing this condition.

You should know, however, that taking estrogens *with* progestins may have unhealthy effects on blood sugar, which might make diabetic condition worse.

Some research has shown that estrogens taken *without* progestins may protect women against developing heart disease. However, this is not certain. The protection shown may have been caused by the characteristics of the estrogen-treated women and not by the estrogen treatment itself. In general, treated women were slimmer, more physically active, and were less likely to have diabetes than the untreated women. These characteristics are known to protect against heart disease.

It is important to discuss, in detail, with your doctor or health care provider all the possible risks and benefits of long-term estrogen and progestin treatment as they affect you personally.

This Summary provides the most important information about PREMPRO. If you want to read more, ask your doctor or pharmacist to let you see the professional labeling.

This Brief Summary for Direct-to-Consumer Advertising is based on the current PREMPRO Tablets insert (PI 4665-3) revised May 21, 1997, with the incorporation, in lay language, of pertinent text from the Physician Insert, (CI 4664-3) revised May 21,1997.

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WAPR-0505

World Leadership in Women's Health Care.

WYETH-AYERST LABORATORIES
Philadelphia, PA 19101

Enter the Chevy Malibu and GMAC FINANCIAL SERVICES "75 Years of American Innovations" Sweepstakes

Test your ingenuity and enter to win:

A COUNTRY INN WEEKEND
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To enter, fill in your name address and phone number.
Please answer the multiple choice questions.
(For help, you'll find the answers in the "American Innovations" section on pages 94-99.)

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Address _____
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SPECIAL ADVERTISING SECTION

1. **When GMAC was formed in 1919, what did this financing company offer to consumers?** (circle)
dealer "blowouts" long-term loans
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2. **What two 1950s improvements made cars easier to drive?** (circle)
power steering tail fins
adjustable headrests power brakes

3. **Name two car safety features:** (circle)
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anti-lock brakes leather seats

4. **What year was Chevy Malibu named Motor Trend "Car of the Year"?** (circle)
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Official Rules: 1. NO PURCHASE NECESSARY. 2. Complete entry form, cut out, and mail to the address above; OR, write your name, address, and phone number on a card and mail to the address above. 3. One entry per person. Entrant must be 18 or older, and a U.S. resident. Employees of Meredith Corporation, General Motors, GMAC, their agents, affiliates and subsidiaries and immediate family members are not eligible. 4. Entries must be received no later than 11/25/97. No responsibility is assumed for lost, late or misdirected entries. 5. One winner will be selected on or about 12/15/97 in a random drawing from among all entries received. Decisions of judges are final. Odds of winning depend on number of entries received. 6. Prize is two $250 gift certificates good at any country inn in the Independent Innkeepers' Association network. Expires in two years of date of issue. Accommodations subject to availability and advance notice. 7. Winner required to sign and return an Affidavit of Eligibility within 10 days of notification. Winner's travel companion(s) must sign and return Liability Release within 10 days of notification. Winner will be notified by mail, and prize delivered on or about 1/15/98. Prize subject to all federal, state, and local laws and regulations. Void where prohibited. Applicable taxes and travel and incidental expenses are the sole responsibility of the winner. No prize transfer or substitution. 9. Sweepstakes is operated by Meredith Corporation, who is solely responsible for conducting the sweepstakes and for awarding all prizes. 10. For a list of winners, available after 12/15/97, send SASE to: "75 Years of American Innovations" Sweepstakes Winner's List, c/o Better Homes and Gardens, 125 Park Avenue, New York, NY 10017.

Take a look at American ingenuity over the past 75 years in this special Chevy Malibu promotional section on pages 94-99.

Chevy Malibu GMAC FINANCIAL SERVICES

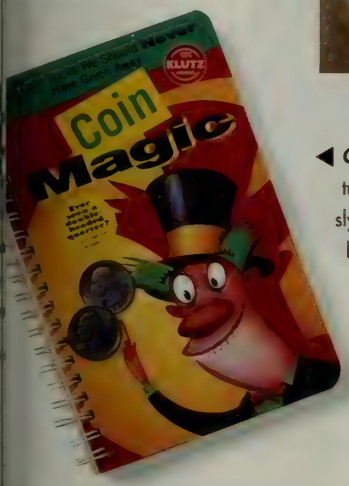
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Magic to Go

Abracadabra! Presto! Ta-dah! Perform the magic tricks in our BH&G Kids® feature (see *pages 283* to *288*) and hundreds more with these items. Amaze your family, friends, and even your rabbit.

▶ **MERLIN'S MAGIC HAT SET** contains everything a budding magician could ask for, including an amazing magic hat (with a secret compartment, of course), a rabbit, and trick accessories. Follow the easy instructions and you can perform 125 feats of magic and illusion. The set is recommended for children eight years of age and older and comes from Natural Science Industries, Ltd. ($29.95)





◀ ***COIN MAGIC*** is a brand-spanking-new collection of 24 tricks from famed magician Martin Gardner and other sly and magical informants. The 62-page spiral-bound book from Klutz Press comes with a double-headed quarter so you can amuse your audience. ($19.95)



▶ ***THE KLUTZ BOOK OF MAGIC*** was the source for our Incredible Paper Clips trick (*page 286*), and is the place to find 30 more knock-your-socks-off tricks. With concise instructions and super-clear illustrations, the 96-page spiral-bound softcover book is packaged with silk scarf, chrome ring, nylon string, and fake rubber finger. From Klutz Press. ($19.95)

TO ORDER with your Mastercard, Visa, or American Express card, call 800/881-4066. To order by mail, make a list of the items you wish to purchase and calculate the total from the prices shown, *above*. Then send your list along with a check or money order for the total amount to: *Better Homes and Gardens*® Reader Shopping Service, Dept. 9710, Box 9128, Des Moines, IA 50306-9128. Prices include shipping, handling, and applicable sales tax

Handi-Snacks® Kids

You gotta hand it to 'em.™

They explore.

They discover.

They create.

They invent.

They enjoy.

They consume.

Life is a plate
that they lick clean.

They take whatever
comes their way
and turn it into fun.

Handi-Snacks Kids.
You gotta hand it to 'em.™



Handi-Snacks Kids

KRAFT Handi-Snacks

You gotta hand it to 'em.™

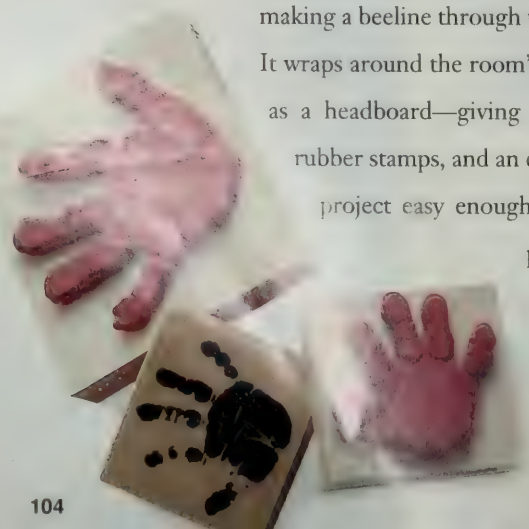
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by Catherine Kramer



Decorating Gets a High-Five

A slap-happy border gives this child's room its playful spirit. Rather than making a beeline through the middle of the wall, this border takes a detour. It wraps around the room's central element—a bulletin board that doubles as a headboard—giving it instant focal-point status. Washable paints, rubber stamps, and an easy painted-on blackboard make this decorating project easy enough for Mom or Dad to complete in a weekend, perhaps with a little help from the younger set. And at a total cost of about $150, it's a winner—hands down.



continued on page 106


HANDI-SNACKS KIDS
Spy work is hard work, and the proof is in the pudding.
Give the secret handshake to Nick Cardelhito, aka Snack Man, age 7. Top agent in his own spy club and a card-carrying Handi-Snacks Kid.
(New from Handi-Snacks)
Undercover work keeps Nick on the move, so he swears by a portable pudding. And the fact that Handi-Snacks is made with real milk, that's secret code for mom-approved.
Handi-Snacks Kids
KRAFT
HANDI-SNACKS
You gotta hand it to 'em™
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A hand-printed border and sponge-painted lower wall give this room a lighthearted attitude. Customize the border design to fit your home. Most borders fall somewhere between 30 and 40 inches from the floor, depending on your ceiling height. Don't worry if the border bumps into window or door frames; an occasional break in the pattern makes the overall effect more interesting. Using a hard lead pencil and a level, mark the border's lower edge first. Then draw the upper edge seven inches above the first line. Mark the inner edges of the border one inch inside the outer edges.

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Decorating Gets a High-Five

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Chalkboard paint, available at paint and decorating centers, rolls on smooth surfaces like other latex paint. When dry, it works like a real slate chalkboard—even sidewalk chalk wipes right off. Cover a whole wall or just a small spot for memos. We left the edges rough, but you could add a frame of stock molding. Attach a simple rail to hold chalk and erasers, and you're ready to get creative. If you want to "erase" the chalkboard, cover it with a coat or two of primer.





The perfect snack is easier to find than the perfect sunglasses.

Take a tip from stephanie jordan
Collector of sunglasses
and Handi-Snacks Kid.

If you're on the go like she is, searching for that elusive perfect pair of sunglasses, you need a snack that can tag along like the very portable Handi-Snacks Cheez'n Breadsticks. And because they're made with real cheese, as she is candidly pointing out, they're more irresistible than a close-out sale at the Sun Glass Shack. So many sunglasses, so little time.

Handi-Snacks Kids

KRAFT Handi-Snacks

You gotta hand it to 'em™

...oods, inc.

Decorating Gets a High-Five

continued from page 106



1. For chalkboard project, prep wall so it is clean and smooth. Draw chalkboard dimensions onto wall with a hard lead pencil. Mark the bottom at least one inch above the top of



border, and the top at least one inch from ceiling. Using a short-napped roller, paint chalkboard. Leave edges rough if desired.

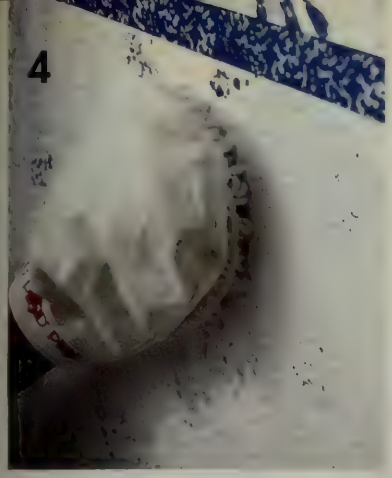
2. For border project, practice stamping on a hard surface before decorating walls. If too much paint causes the image to blur or slide, lightly blot the stamp on a paper towel. Using a foam brush, coat one small stamp with light-colored paint. Press against the wall several times, turning each time. Images should get lighter. Repeat with the other small stamp and light paint, then the larger stamp and darker paint. Hands



should overlap, extend into solid borders, and cover most of border area.

3. Mask both edges of both borders. Paint darker color and let dry. Dampen a sponging





mitt or natural sea sponge, wring dry, and lightly sponge light paint over dark band. If desired, add a touch of an accent color, such as red. Remove tape and let dry.

To sponge with a mitt, slip the mitt onto your hand and dip the shaggy side into latex or acrylic paint. Blot the excess onto a paper towel. Press the mitt to the wall, varying the pressure and angle.

4. Using the mitt or sponge, paint the lower wall in the same manner. (You may want to mask off the lower sponged border.) As you paint, stand back from the wall to check for overall sponging consistency. Choosing similar colors that are close in tone will keep your sponging from appearing too high-contrast. The final effect should be slightly uneven but not overly splotchy.

After the paint dries, lightly sponge over it with a thin coat of white paint to soften the pattern. If your paint is thick or covers exceptionally well, dilute it with water to the consistency of heavy cream.

Rubber handprint stamps in a variety of sizes and textures (*above*) make this project a snap. These stamps can be purchased in our kit (*right*). Or, look for similar stamps at crafts stores. Older children may want to use their own handprints. This will be successful if you let them stamp in a free-form design, such as all over a wall or door. Use nontoxic latex or acrylic paint and brush it onto their hands with a foam brush.



reader shopping

Handy Stamps

Our **Child's Room Stamp Kit** includes the rubber stamps you need to duplicate the designs shown in this story. Each kit contains rubber stamps for a baby's left and right hands, and a child's hand. The baby's hand stamps measure about 2×2 inches; the child's hand stamp measures about 3½×3½ inches. All stamps are from Personal Stamp Exchange. The price of the kit is $39.95, which includes shipping, handling, and applicable sales tax.

TO ORDER with your Mastercard, Visa, or American Express card, call 800/881-4066. To order by mail, send a check or money order for $39.95 to: *Better Homes and Gardens*® Reader Shopping Service, Dept. 9710, Box 9128, Des Moines, IA 50306-9128.

Captured by Glade

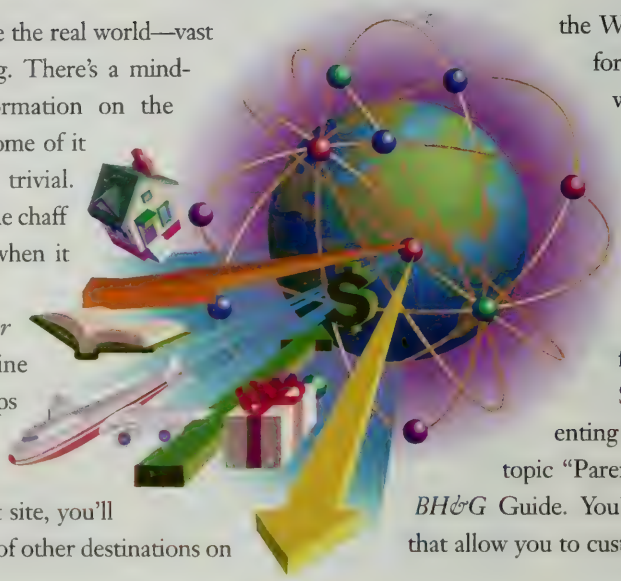


online

Going Places

The Internet is a lot like the real world—vast and sometimes intimidating. There's a mind-boggling amount of information on the World Wide Web alone, some of it valuable, much of it trivial. Separating the grain from the chaff can be a major challenge when it comes to surfing the Net.

That's where the *Better Homes and Gardens*® online Guide to the Internet steps in. When you visit BHGlive.com, the *Better Homes and Gardens* Internet site, you'll find a gateway to hundreds of other destinations on the Web. It's your personal launchpad for journeys into cyberspace, and we've been expanding it to make it even more useful.



Our editors have carefully selected sites that are informative, interesting, and worthwhile, then separated them into categories to make it easy for you to find what you need.

Suppose you're looking for parenting information. Simply click on the topic "Parenting" on the main page of the *BH&G* Guide. You'll be presented with keywords that allow you to customize your search, leading you



to sites covering the specific topic that interests you. Of course, chances are good that you'll find what you need without leaving BHGLive. With the ever-changing features, tips, discussion groups, and interactive guides already on our Web site, we think you'll want to stick around.

Get the latest dirt from the Test Gardens at our online Guide to Gardening, or explore our exclusive searchable database of plants. If you fancy a friendly chat, there's Garden Talk, a discussion group for readers to share hints, questions, and success stories with each other.

Our Test Kitchen offers the great recipes and cooking tips you find in *Better Homes and Gardens*® magazine, plus interactive recipe guides and meal plan calendars to make food preparation even easier. The Home Improvement Encyclopedia offers how-to help, with more than 1,000 ideas to inspire your next home project. *BH&G*'s experts share their advice about parenting, education, health and fitness, and more. Finally, if you're tired of virtual journeys and ready for a real one, our travel section will make it easy for you to get away.

So come visit us at http://www.bhglive.com. We'd love to have you stay, but if you're itching to explore further, we'll help you do it right—on or off the Internet. *—by Kristin Olson*



What You Need to Connect

It's easy to find *BHGLive*. Here's what you need to make the connection with our Internet site:

- **A computer with a modem.** The modem is a device that transmits electronic information to and from your computer through phone lines.
- **An Internet service provider.** InternetMCI, AT&T, and CompuServe are among the companies providing telephone links between your computer and others on the Net.
- **An Internet browser.** A browser enables you to locate and view thousands of sites on the Internet. The best-known browsers are Netscape Navigator and Microsoft Internet Explorer. Also known as Web browsers, they allow you to search the World Wide Web, the part of the Internet that includes images, video, and sound.

That's it! Join us at *http://www.bhglive.com*. We'll be looking forward to your visit.

Captured by Glade





Stuck in the Middle

The years between childhood and adulthood can be turbulent. But they don't have to be. The two articles on these pages tell how parents and schools can make the best of the tween times.

Surviving Adolescence: A Parent's Guide

by William J. Doherty, Ph.D.

I remember the day my son became an adolescent. In earlier years, he had liked how I would break into a quiet song while we walked through the aisles of the supermarket. He seemed delighted with my spontaneity as he walked close by my side, mouthing the words along with me if he knew the tune.

Things changed abruptly on a spring evening when he was 13. I started on one of my standard 1960's songs in the condiments aisle. This time he spun around, reproached me with a stern "Dad!" and then fled toward the other end of the supermarket. In an instant, I had switched from "Cool Dad" to "Dork Dad."



When I asked my son about this incident later that evening, he told me that it was highly embarrassing to him that his father was singing in public. And then came the clincher: What if one of his friends were to witness this scene? He didn't care if I sang Verdi when I was on my own, but he did not want the world to know that he was related to a supermarket singer. I agreed to tone myself down in public when my son was present, out of respect for his new sensibilities.



Surviving your child's adolescence means accepting the inevitable: Your popularity will go down in direct proportion to the rise in popularity of friends; your child's growth spurt and hormone surge will bewilder both of you; and your companionable child will suddenly become a privacy freak. The day I knew my daughter had become an adolescent was when she posted a sign on her bedroom door informing the adults in the household to never enter without explicit permission and to conform to the occupant's "no nagging" rule.

Other than being gracious about your drop in

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Stuck in the Middle

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popularity, what else can you do to survive the early teen years? Here are some pointers from my experience as a parent and family therapist.

Keep your perspective. Adolescents are not irritable or uncooperative because they want to hurt us. They are more consistently pleasant with their friends because they fear that their friends will reject them if they are unfriendly and uncooperative. Teens grouse more with their parents because family is a safe place to ventilate adolescent frustrations. It's not personal, it's hormonal, and it will eventually pass.

Keep your cool. The biggest mistake parents make is to allow themselves to become emotionally triggered whenever their teen acts like a teen. If I had yelled at my son for being ashamed of me in the supermarket, an uncomfortable situation would have become a huge fight.

My daughter once confessed, following a big blowup over doing the dishes, that she enjoyed seeing her parents get worked up. That was the last time we permitted ourselves an emotional meltdown when dealing with our teenage daughter. Keeping your cool is even more important when your daughter comes home with pierced eyelids and a scruffy new boyfriend. Blowing up or giving speeches at this moment accomplishes nothing but raising your blood pressure.

Keep your standards. Some parents give up legitimate rules and expectations in the face of withering debates with their teen. Be willing to reexamine your standards to see if they are reasonable, but hold fast to those you believe are good for your teenager and the family. For example, you might allow your teens to stay out later, but insist that you be informed about their whereabouts at all times. Although teens will lobby for no rules, don't give up your essential standards: Your child will feel abandoned and unloved if you do.



Keep your distance. Don't pursue an adolescent who is reluctant to be open with you. You have the right to expect basic information about where they are and what they're doing, but you cannot make them share what they are feeling or thinking. Inquire respectfully about their thoughts and feelings, and accept whatever they give you without driving them farther away.

Keep yourself ready to listen. Once in a while your teenager will actually want to talk to you. Not at a time you plan for, of course, but when he or she chooses. My son would signal the moment by coming into my study and saying, "How's my dad today?" I learned to drop everything because I never knew when this door would open next.

Keep your connection rituals. Don't let your kids absent themselves from family dinners, visits to relatives, vacations, and other rituals. Job and school activities will inevitably cut down on these family times, but preserve them as much as possible. Family rituals give teens a sense of being part of a family who values its time together. Even if they act bored or disconnected, they will feel more secure knowing that their family is still a family and that they have a central place in it.

Create new connection rituals. Look for opportunities for one-to-one connection with your teenager. It might be shopping together, going to ball games, or playing chess. When my daughter resigned from bedtime talks with Dad, we evolved a weekly ritual of going to an ice-cream store for a treat and a talk. We did this every week for five years, until she left home. Getting ice cream was the ostensible purpose of the ritual, but we both knew it was about the father-daughter connection.



When my son was a 20-year-old college student home for a visit, the whole family went to the supermarket one day to make sure the cupboard had food acceptable to a young adult. When I started softly singing in the canned goods aisle, he smiled at me and went about his shopping business. Maybe he was once again proud to have a father

continued on page 116

Also In Family Size.



Bite Into It.™

Some people just can't get enough Minute Maid® Premium Orange Juice. And no wonder. It has the taste of eating a fresh, ripe orange. Try our Minute Maid. And don't just sip it–bite into it.

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Stuck in the Middle

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who can be spontaneous in public. Or maybe he just saw me as a more lovable dork. Either way, I knew the storm of adolescence was over.

William J. Doherty is a professor and director of the Marriage and Family Therapy Program at the University of Minnesota, St. Paul. He is author of The Intentional Family: How to Build Family Ties in Our Modern World.



A School of Their Own

by Jane Schorer Meisner

Parents often react to approaching adolescence and the entrance into middle school with the same trepidation that they anticipated the 'terrible twos' a short decade ago. In both cases, parents are usually surprised that those stages, while challenging, are much more fun than they're cracked up to be.

"We don't usually find people saying that being the parent of a middle schooler is the best thing that ever happened to them," says Margaret Sagarese, who with Charlene C. Giannetti coauthored *The Roller-Coaster Years—Raising Your Child Through the Maddening Yet Magical Middle School Years.*

"But the truth is, it's as rewarding, positive, and special as any other age your children will be," the authors say of young adolescents roughly between ages 10 and 15. "It does, though, require something different of parents, and of the schools."

Not long ago, the attitude about kids this age seemed to be to shut the hooligans in a safe building and let them coast until high school, after the hormones have a chance to balance out.



"But research conducted since the early 1980s clearly has shown the belief in a turbulent adolescence to be wrong," says Peter Scales, Ph.D., in a recent report he wrote for the Search Institute, a firm that specializes in youth issues. Negative assumptions are giving way to excitement about the untapped potential of these blossoming young people.

Because kids are gradually developing independence from Mom and Dad during these years, parents need to work just as closely with teachers and administrators as they did during the elementary school years to make sure the school is meeting kids' needs.

The National Middle School Association recently identified characteristics that are important to keep in mind when designing the best education for the middle years:

- Intellectual development. Kids this age are in transition from concrete to abstract thinking. They are intensely curious with a wide range of intellectual pursuits (few of which are sustained). They would rather learn by doing than by listening to lectures. Walk through your middle school building and peek into a class. If all feet are on the floor, eyes to the front, it might look like a situation under control, but the kids probably aren't learning much.
- Moral development. Young adolescents are idealistic, and they're beginning to consider the rights of others. They often show compassion for animals, the downtrodden, and the environment.

"The way their brains are maturing, they do best academically when they can sink their teeth into a subject—something like world peace, ecology, or racism," says Scales.

- Physical development. Middle schoolers are growing so fast that sometimes they're surprised at the length of their own legs and arms—suddenly they're as uncoordinated and accident-prone as a toddler. They are maturing at different rates. You'll find knobby knees and baby faces in the same classroom as curvaceous bodies and beards. Hormones cause both restlessness and fatigue. They need daily physical activity to release energy. While good nutrition is critical at this final stage of growth, these kids prefer chips and soda—or they may shun food altogether in an effort to look like the models they see in most magazines.

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Stuck in the Middle

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Teachers should realize that boys this age can't sit still for more than 14 minutes (16 minutes for girls), and should adjust the pace and span of lessons to accommodate.

- Emotional/psychological development. Intense and unpredictable mood swings are normal for kids this age. They need to release energy, which sometimes results in sudden, apparently meaningless outbursts of activity. Being accepted by peers is a top priority.

"If infancy has its 'terrible twos,' then early adolescence has its 'terrible toos': too much, too little, too slow, too fast," says Scales. Young adolescents tend to be highly critical of themselves and compare themselves not only with their peers, but also with superstar athletes and models.

- Social development. Middle-school-aged kids have a strong need to belong to a group. They may try to act like older, esteemed students or adults (other than their parents), but they don't have the social skills or maturity to pull it off. They experiment with new slang and behaviors.

"This age group may experience a distraction from learning, but it's not from brain lapse," says Jim Burns of the National Middle School Association. "It's not that they aren't capable of learning, it's that the social world is so compelling."

Who's going out with whom and who's been dumped is a major distraction, say authors Giannetti and Sagarese. "Middle school trysts are a living soap opera. It isn't easy concentrating when you go to school at Heartbreak Hotel," they say in their book.

Yet armed with a better understanding of their students, educators are excited about the positive changes happening in middle schools.

"What's really amazing is that if you let kids go on their own with a project, they pass every level we thought they would," says Burns. "By nature of their age, they may not be real good at memorizing a broad range of facts, but they are really good at project-type learning."

Many middle schools are making changes to meet the needs of young adolescents. To see if your child's middle school measures up, read the column *at right.*

DOES THIS SOUND LIKE YOUR SCHOOL?

Here 's what the best schools are doing to meet the needs of young teens, according to the National Middle School Association.

Educators committed to young adolescents. "It may be only one or two out of every five people who go into education who make really good middle school teachers," says Jim Burns of the National Middle School Association. Enthusiasm, a good sense of humor, and an appreciation of the young people are essential qualities. They also serve as role models to students, in their personal behavior as well as in teaching methods.

Challenging school curriculum. Classes must be challenging and exploratory, with varied teaching methods.

"These kids like to sample a lot of things," Scales says. "Parents shouldn't be terribly worried if their kids get involved in a hobby or organization and a month or two later they're onto something else. They're not quitters, they don't lack stick-to-it-iveness. They're supposed to be sampling. They're supposed to be figuring out what it is they like, and what it is they're interested in. The only way to do that is to sample a lot of things."

High expectations for all. Administrators of successful middle schools understand that young adolescents are capable of far more than adults often assume.

"There is a two-year period of brain growth prior to an adolescent's physical growth spurt, then a plateau," Burns says. "There has been an assumption that maybe students wouldn't learn as much in that time. But that has pretty much been cast aside."

The community also needs to expect both teachers and students to engage in appropriate social behavior and responsible citizenship in school and in the community.

An adult advocate for every student. The healthiest middle schools can ensure that kids have a chance to interact regularly with a positive role model or mentor in a small group setting.

"About six kids with one adult, so each middler has an opportunity to develop a close relationship with the advisor," Sagarese suggests. "So if they're having a problem with grades, or cliques, or at home, they have an adult they can interact with."

These advocates are not counselors or teachers, but perhaps coaches, teacher associates, activity sponsors, or other mentors, who can identify behavioral changes in students that need to be brought to the attention of counselors, teachers, and parents.

Family and community partnerships. "In communities that have the fewest proportion of young people with risky behavior and the greatest proportion of positive behavior, it's interesting that they don't have just one thing going for them," Scales observes. "They have positive and caring schools, opportunities for young people to contribute, and religious opportunities."

A positive school climate. A middle school should seem safe, inviting, and caring; it promotes a sense of community and encourages learning.

"In a sense, these are the last-chance years," Sagarese says. "This is your last chance, as parents and educators, to nurture these kids so they grow up with positive self-esteem, resilience, and an interest in learning. Once they're in high school, they're on the road to separation, and you don't have as much control."

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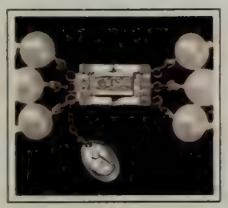
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Think ZINC



Zinc is a common metal with an uncommonly powerful nutritional impact. The same metal that's used for durability in house siding and for energy in batteries is also essential for hundreds of functions in the human body—from sense of taste to development of healthy babies. Adults need 12 to 15 mg of zinc per day—about as much as the amount in a large steak or a bowl of fortified oatmeal. But according to the American Dietetic Association, the majority of us are getting only about two-thirds of the required amounts.

by David Feder, Registered Dietitian

"Zinc is essential for the immune system, wound healing, taste, and protein production," says Dr. Arthur Grider, nutrition researcher at the University of Georgia. "Hundreds of different enzymes (protein compounds that trigger or assist in chemical processes) rely on zinc to help them do their work. For example, zinc is needed for maintaining insulin, yet it also helps red blood cells dispose of carbon dioxide. Zinc even serves as an integral part of an important antioxidant system in our body's cells."

What Happens Without Zinc

With so many functions depending on the metal, zinc deficiency leads to a rather long list of complications, ranging from skin rashes, hair loss, and decreased senses of taste and smell to delayed fetal development, nerve damage, and birth defects. Some research even suggests zinc deficiency may significantly increase the risk of cancer of the esophagus.

Low zinc intake for even a relatively short period of time during adolescence retards bone growth, posing greater risk for the bone disease osteoporosis in later life. Most of these afflictions are reversible, but only if the sufferer gets enough zinc before the maladies become permanent.

Agreeing with the assessment that Americans aren't getting enough zinc, Dr. Harold Sandstead of the University of Texas Medical School's Department of Preventive Medicine says, "This is likely due to a diet pattern that includes a decrease in red meat consumption. Red meat is the best practical food source of available zinc."

Why all this hasn't raised a red flag is largely because pertinent studies have not been conducted. Sandstead says, "In this country, the problem is one of mild or moderate zinc deficiency. America doesn't have a large population with a severe deficiency, so the possible effects widespread marginal zinc intake may have on our population haven't been looked at closely."

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ZINC AND COLDS

There is strong and mounting evidence that zinc can help stave off the common cold, or at least make it less of a pain in the neck—and head, throat, and nose. In one controlled study, patients received a zinc gluconate lozenge (15 mg) every 2 hours for as long as they had cold symptoms. Their colds lasted less than five days compared with almost eight days for those subjects not taking zinc. They also had less coughing, hoarseness, congestion, nasal drainage, and fewer headaches and sore throats.

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Think Zinc

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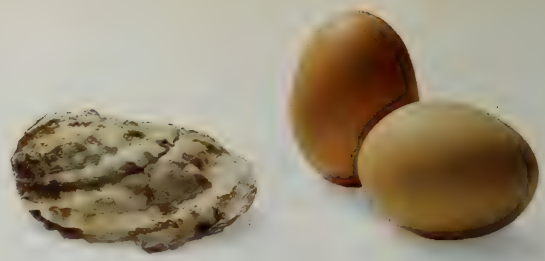
In a study in China of moderately zinc-deficient children with learning difficulties, zinc supplementation led to improved mental ability. One problem in determining whether nominal zinc deficiencies lead to similar afflictions is that the threshold at which general health begins to suffer is unknown. Says Sandstead, "There may be ongoing health issues in our total population (due to low dietary zinc intake) that we are not addressing."

The implication is that many widely experienced symptoms, which sufferers might dismiss when considered individually (for example, skin rashes, certain types of hair loss, and slow wound healing), could be because of an overall marginal intake of dietary zinc.

Where to Get Your Zinc

FOOD ITEM	APPROX. ZINC CONTENT (MG/OZ.)
• cereals, fortified	15.00
• oysters, steamed	9.00
• beef, cooked	2.00
• pork, cooked	0.90
• nuts, peanut butter*	0.90
• oatmeal, nonfortified, cooked*	0.90
• chicken (dark meat), cooked	0.75
• chicken (light meat), cooked	0.35
• soybean products, cooked*	0.35
• bread, multigrain*	0.30
• fish, cooked	0.25
• eggs, boiled	0.25
• milk	0.25
• potatoes, cooked	0.15

*less efficiently absorbed



Zinc is essential for the immune system, wound healing, taste, and protein production.

Getting Enough Zinc

The body more efficiently absorbs zinc from animal sources than from plant sources—up to several times as much, in fact. This is because plants contain phytates, compounds which are unabsorbable yet bind to minerals. The richest common source of dietary zinc is red meat—beef, lamb, and game. Other excellent sources are eggs, poultry, and seafood, especially oysters, which have more natural zinc than any other single food.

Fortified cereals are high in zinc, with about 15 mg of the mineral per ounce. Peas, beans, nuts, nut butters, whole grains, and whole grain breads are good plant sources of zinc, but are also high in phytates, so the zinc is less bioavailable (see chart, *left*). It will take about four times as much plant-sourced zinc to meet your zinc needs.

Zinc Supplements

If you're a healthy adult eating a wide variety of foods on a nonrestrictive diet, you probably don't need additional zinc. Seniors, growing children, pregnant or lactating women, and vegetarians who don't eat sufficient legumes, nuts, or fortified grains may benefit from 10 to 15 mg extra zinc per day.

Like many minerals, zinc can be toxic in high amounts—more than 50 mg zinc per day over time. Also, different minerals compete with each other for absorption in the body. Low levels of some, such as iron and copper, lead to anemia, increased cholesterol, bone abnormalities, and other problems. If possible, take zinc and iron supplements at opposite times of the day. On the other hand, excess calcium inhibits zinc absorption. Taking different mineral supplements several hours apart helps.

Acute zinc toxicity symptoms include a metallic taste and nausea or vomiting accompanied by cramps, dizziness, and chills. Use supplements only when recommended by your health professional, and take only the recommended dosage.

80% of Americans say they
miss the favorite foods they grew up with.
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Old favorites done in a whole new way



"I expect to live another 100 years," says 82-year-old Miller Quarles. He still goes to work every day, eats a low-fat diet, and plays tennis five days a week.

Live to be 100

by Patricia Hittner

At 82, Miller Quarles is looking forward to a long, healthy future. He even hopes to get married again.

He's convinced we are on the brink of discovering a modern-day fountain of youth. Miller wants to rush this process along so he can reap the benefits. He is privately funding research to try and arrest the aging process. "Old age is a disease. It can be cured," he insists.

Is it possible to live much longer than we've ever imagined? We certainly seem to be well on our way. Most people born in 1900 died around age 47. Today, the average life expectancy is 75. People 100 or older are the fastest growing segment of the U.S. population with more than 60,000 having hit the century mark.

While no one has found a way to make Miller's dream a reality, a handful of doctors, such as Dr. Walter M. Bortz II, a professor at Stanford University, think we can stay alive at least 100 years.

The 67-year-old doctor has every intention of reaching 100. The human body, he says, is programmed to run a maximum of 120 years, so living out a century isn't all that far-fetched, provided you take care of yourself. Dr. Bortz's book, *Dare to Be 100*, outlines 99 steps he says can help people live until a ripe old age. "Expect to be 100," he says. "The chances are going to be progressively greater that you'll make it."

Good genes or luck? Even inheriting a bad genetic lot isn't a problem, according to Dr. Bortz. Genes play only a

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Live to be 100

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Sue Carter says her 80s are truly the best time of her life. She exercises daily, meets friends for dinner, and loves to work in her garden. "I don't have time to get lonely. The days are too short."



minor role in determining our moment of death, he says, perhaps only 15 to 20 percent of the equation. The fact that Dr. Bortz's father died at 74 doesn't dampen his belief he'll one day turn 100. His mother stayed active and alert until she died suddenly at 95.

"It's not the cards you're dealt—it's how you play," says Dr. Bortz. "It's what you do with what you've got."

But Dr. Thomas T. Perls, a gerontologist at Beth Israel Deaconess Medical Center in Boston, disagrees. "How long you live is greatly determined by the scope of your genes," he says.

The human life span, he says, follows a bell curve. Just because a few exceptionally hardy individuals hit the tail end, doesn't mean the rest of us will. "Everyone doesn't have what it takes to get to be 100. There is such a thing as an average life expectancy."

When Dr. Perls, 37, is asked how long he expects to live, he laughingly replies, "About two-thirds as long as my wife." His wife, he explains, comes from very good stock. She looks much younger than 40, and her parents, now in their early 80s, are active and healthy. "I've already told her to start thinking about her second and third husbands," he quips.

Even Dr. Perls, however, is looking for a way to extend life. As principal investigator of the New England Centenarian Study, he's collecting blood samples from centenarians and their living siblings. His collaborators will sift through strands of DNA, searching for genes these folks share.

If these so-called longevity genes are isolated—and Dr. Perls admits it's like "looking for a needle in a haystack"—there may be a way to slow aging and cure certain diseases associated with old age. This would entail synthesizing proteins from these genes. These proteins could then be given to those of us lacking them.

Miller Quarles, meanwhile, is placing most of his chips on a company called Geron Corporation in Menlo Park, California. He's hoping Geron's research into telomeres will buy him many more years.

Telomeres, at the tip of our chromosomes, shorten each time a cell divides. Ultimately, as they shrink, cells no longer replicate and there is a subsequent net loss of cells in our bodies. Telomere length is maintained through the action of an enzyme known as telomerase. If this enzyme can somehow be unleashed, then, theoretically, it may be possible to keep human cells "young." Geron founder Michael D. West says the company is doing research in this area, but possible application to age-related disease is years away.

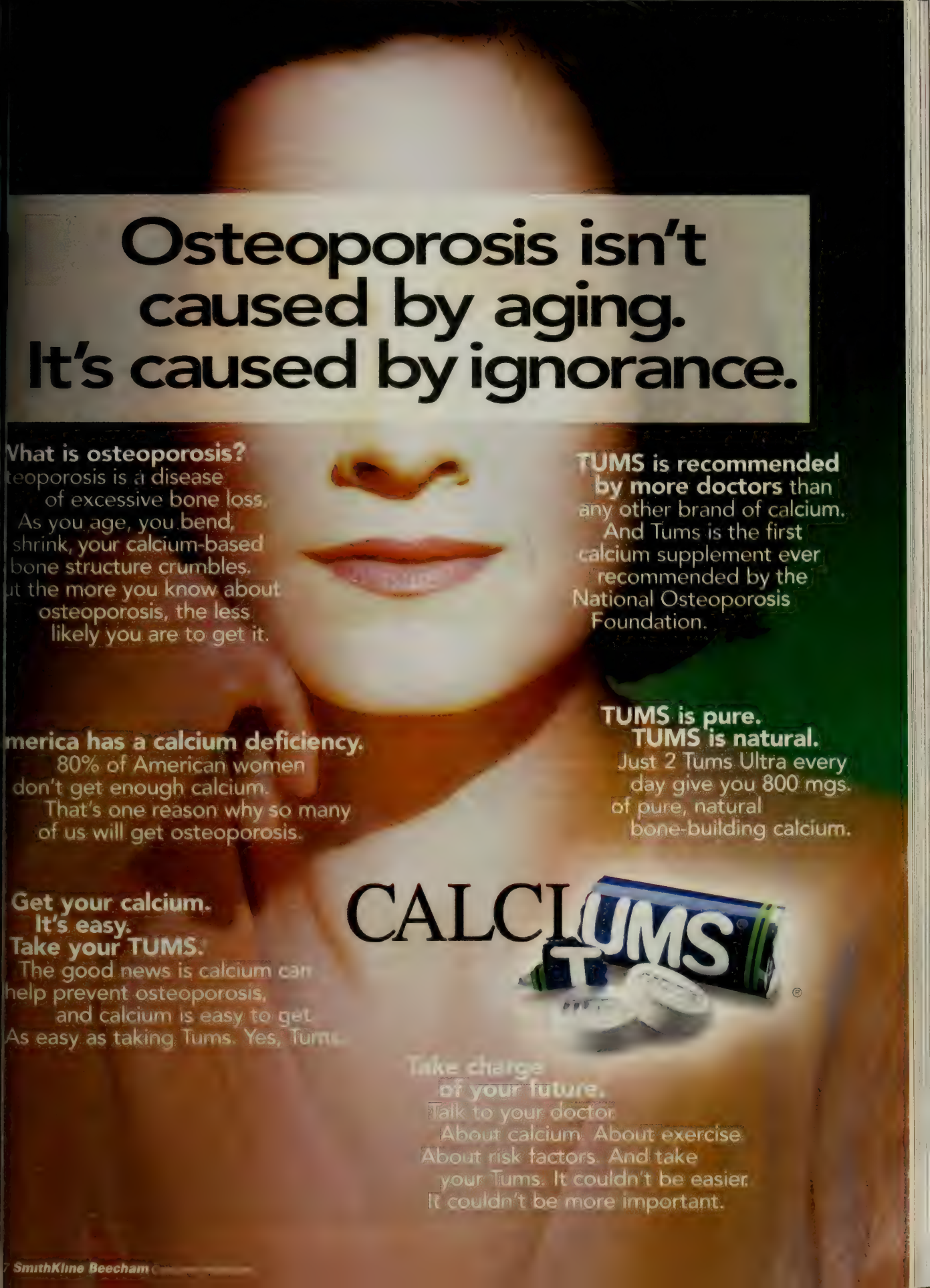
Live longer, work longer. But how many people, given the choice, really want to live for 100 years?

"Most of us," says Dr. Robert Butler, a Pulitzer Prize-winning gerontologist who studies the societal impact of aging. He says 61 percent of Americans hope to live a century. Those who don't worry about becoming infirm and facing a lonely old age mired in poverty.

Dr. Butler suspects more of us would shoot for 100 if we knew we'd be in good health, surrounded by loved ones and material comforts. "As a physician, I'm always amazed at the tenacity with which people cling to life."

If the average life expectancy jumped 25 years, society could have some fundamental problems. Already, the graying of America has led to projections the Social Security fund will run dry. Who will support all these

continued on page 130


Osteoporosis isn't caused by aging. It's caused by ignorance.
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teoporosis is a disease of excessive bone loss. As you age, you bend, shrink, your calcium-based bone structure crumbles. ut the more you know about osteoporosis, the less likely you are to get it.
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Mary Battaglia, 98, does all her own cooking and babysits her three-year-old great-grandson, Giovanni, several days a week.

Live to be 100

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retired centenarians? Dr. Butler thinks the answer is relatively simple. "People live longer," he says. "People will have to work longer."

But, he says, medical research must keep pace. "There has to be a comprehensive approach. There are a whole lot of steps that have to be taken in tandem."

Right now, one of the biggest stumbling blocks to healthy longevity is Alzheimer's disease. This debilitating and fatal condition afflicts a significant proportion of people over 85. Currently, there's no cure, although new medications may help slow mental deterioration. Yet, even without a cure for aging, the nation continues to grow older. By the year 2050, America will be home to an estimated one million centenarians.

How to hit the century mark. We don't have a magic recipe for living 100 years, but if you want to try and join this crowd, here's some good advice:

• Don't sit around. Vigorous physical activity can ward off most of the ills we associate with growing old, says Dr. Bortz. He thinks the aging body deteriorates more from lack of use than from time. Most experts recommend 20 to 30 minutes of aerobic exercise three to four times a week. Start slow and gradually build your endurance.

• Go for the green. A diet rich in produce lowers your risk of cancer and heart disease. The American Cancer Society recommends eating five or more servings of fruits and vegetables each day. Fat should equal no more than 30 percent of your total caloric intake. You'll reap even greater benefits by cutting this to 20 percent, according to Dr. Butler.

Use meat as a condiment rather than making it the main course. And include a lot of roughage in your diet. "Instead of drinking orange juice, try eating an orange," says Dr. Butler.

• Take antioxidants. These disease-fighting compounds are found naturally in our food supply. They're also available in vitamin supplements. But there's great debate whether bottled vitamins help keep people healthy. Dr. Butler tells his patients to take a multi-vitamin daily. Choose vitamins without iron, unless you have a medical need for extra iron. Too much iron in your blood can be fatal.

• Can the butts. Tobacco will negate an otherwise healthy lifestyle. Smoking is responsible for one-third of all cancers in the United States. It also raises the risk of heart disease and other illnesses.

• Baby yourself. There's good evidence that popping a baby aspirin once a day helps prevent heart attacks. Ask your doctor about adding aspirin to your health regimen.

• Ponder the estrogen question. Postmenopausal women may want to take estrogen replacement therapy. New evidence clearly shows that, on average, women who take it live longer. Estrogen helps prevent osteoporosis, heart disease, and reduces the incidence of Alzheimer's.

However, estrogen therapy slightly raises the odds of developing breast cancer. Unless you have a personal or family history of the disease, though, most doctors think the benefits of this treatment outweigh the risks.

• Get screened. The American Cancer Society now advises women over 40 to have annual mammograms. It also recommends doctors offer the digital rectal examination and prostate-specific antigen or PSA test annually to men age 50 and older, who have at least a 10-year life expectancy, and younger men who have a family history of prostate cancer.

Some doctors oppose screening because they say since there is no conclusive proof that the test saves lives, it leads to unnecessary intervention. Talk to your doctor so you understand the risks and benefits of screening. Men and women also should be screened for colon cancer, usually beginning around age 50.

• Keep busy. Immersing yourself in stimulating activities may well extend your life. "Those people who have goals in life, and structure to their everyday lives, live longer," says Dr. Butler. "You have to have a purpose."

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IMITREX Tablets were created specifically for the acute treatment of migraine attacks. They not only relieve the pain but also the nausea and sensitivity to light that often accompany migraine. What's more, this unique prescription medicine is effective even if you take it when your migraine is at its worst.

LETS YOU GET BACK TO YOUR LIFE

Because IMITREX is not a narcotic or barbiturate, it won't interfere with your ability to function. IMITREX stops your migraine without stopping you.

MOST PRESCRIBED MIGRAINE MEDICINE IN THE U.S.[1]

IMITREX Tablets have been prescribed for millions of migraine attacks in the U.S. and worldwide.[1]

IS IMITREX RIGHT FOR YOU?

IMITREX is appropriate for many migraine sufferers, but only your doctor or other health care provider can decide if IMITREX is right for you. You should not take IMITREX if you have certain types of heart disease, blood pressure that is uncontrolled, or are allergic to this medication. If you have risk factors for heart disease, such as high blood pressure, high cholesterol, diabetes, or are a smoker, you need to be evaluated by your doctor before taking IMITREX. Very rarely, people with undiagnosed heart disease have had serious heart-related problems when taking IMITREX.

If you are pregnant, nursing, or thinking about becoming pregnant, talk to your doctor. If your headaches are not migraines, IMITREX is not for you.

The most frequently seen side effects are tingling and nasal discomfort.

1. Source: Physician Drug and Diagnosis Audit (PDDA), August 1995 - July 1996. Scott-Levin, a subsidiary of PMSI.

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You'll receive free...a highly informative brochure to help you better understand migraine, valuable physician-visit preparation material, and a subscription to a comprehensive newsletter specially written for migraine sufferers.

STABQUICK IMITREX SUMATRIPTAN SUCCINATE

Visit our new website: **www.migrainehelp.com**

Please see the important information on the following page.

GlaxoWellcome

BRIEF SUMMARY

IMITREX® (sumatriptan succinate) Tablets

The following is a brief summary only; see full prescribing information for complete product information.

CONTRAINDICATIONS: Because of rare reports of coronary vasospasm, IMITREX Tablets should not be given to patients with ischemic heart disease (angina pectoris, history of myocardial infarction, or documented silent ischemia) or to patients with Prinzmetal's angina. Also, patients with symptoms or signs consistent with ischemic heart disease should not receive IMITREX Tablets. Because IMITREX Tablets can give rise to increases in blood pressure (usually small), they should not be given to patients with uncontrolled hypertension.

Concurrent administration of monoamine oxidase (MAO) inhibitors or use within 2 weeks of discontinuation of MAO inhibitor therapy is contraindicated (see CLINICAL PHARMACOLOGY: Drug Interactions section of full prescribing information and PRECAUTIONS: Drug Interactions).

IMITREX Tablets should not be used within 24 hours of an ergotamine-containing or ergot-type medication like dihydroergotamine or methysergide.

IMITREX Tablets are contraindicated in patients with hypersensitivity to sumatriptan or any of the ingredients.

WARNINGS: IMITREX Tablets should only be used where a clear diagnosis of migraine has been established.

IMITREX Tablets should not be administered to patients with basilar or hemiplegic migraine.

Hypersensitivity (anaphylaxis/anaphylactoid) reactions have occurred on rare occasions in patients receiving sumatriptan. Such reactions can be life threatening or fatal. In general, hypersensitivity reactions to drugs are more likely to occur in individuals with a history of sensitivity to multiple allergens.

Cardiac Events/Coronary Constriction: Serious coronary events, including some that have been fatal, following IMITREX Tablets have occurred but are extremely rare. Although it is not clear how many of these can be attributed to IMITREX, because of their potential to cause coronary vasospasm, IMITREX Tablets should not be given to patients in whom unrecognized coronary artery disease (CAD) is likely without a prior evaluation for underlying cardiovascular disease. Such patients include postmenopausal women, males over 40, and patients with other risk factors for CAD such as hypertension, hypercholesterolemia, obesity, diabetes, smokers, and strong family history. Following a satisfactory cardiovascular assessment, it is recommended that the first dose of IMITREX Tablets be given in the physician's office for patients with underlying risk factors for CAD unless these patients have previously received sumatriptan. If symptoms consistent with angina occur, electrocardiographic (ECG) evaluation should be carried out to look for ischemic changes.

Sumatriptan may cause coronary vasospasm in patients with a history of CAD, who are known to be more susceptible than others to coronary artery vasospasm, and, rarely, in patients without prior history suggestive of CAD. Of 6,348 patients in clinical trials of oral sumatriptan, two experienced clinical adverse events shortly after receiving oral sumatriptan that may have reflected coronary vasospasm. Neither of these adverse events was associated with a serious clinical outcome.

There have been rare reports from countries where IMITREX Tablets are already on the market of serious adverse events, including myocardial infarction, ECG changes suggestive of myocardial ischemia, and symptoms consistent with angina pectoris.

Drug-Associated Fatalities: In extensive worldwide postmarketing experience, deaths have been reported following the use of IMITREX Tablets. In most cases, the deaths occurring after treatment with IMITREX Tablets occurred well after sumatriptan use (i.e., 3 or more hours postdose) and probably reflect underlying disease and spontaneous events.

There have, however, been several fatalities that occurred within a few hours after the use of sumatriptan. The specific contribution of sumatriptan to most of these deaths cannot be determined, but in one case with IMITREX® (sumatriptan succinate) Injection, a 41-year-old woman with a 6-day history of unilateral headache, uncertain history of cardiovascular disease with known risk factors (positive family history, postmenopausal woman, and smoking) and a history of asthma and codeine allergy, experienced nausea, vomiting, a sense of warmth, chest pressure, and sweating within 7 minutes of dosing. This was followed by hypotension at about one-half hour, and ventricular tachycardia/ventricular fibrillation leading to death. In most other cases, death was attributed to myocardial infarctions occurring hours after drug administration.

Deaths attributed to strokes, cerebral hemorrhage, and other cerebrovascular events have also been reported in patients treated with oral and subcutaneous sumatriptan. In many cases, it appears possible that the cerebrovascular events were primary, sumatriptan having been administered in the incorrect belief that the symptoms experienced were migrainous in origin when they were not. Accordingly, it is important to advise patients not to administer sumatriptan if a headache being experienced is atypical.

Use in Women of Childbearing Potential: (see PRECAUTIONS).

PRECAUTIONS:

General: Atypical sensations over the precordium (tightness, pressure, heaviness) have been reported after IMITREX Tablets, but have only rarely been associated with ischemic ECG changes. However, because sumatriptan may cause coronary artery vasospasm, patients who experience signs or symptoms suggestive of angina following sumatriptan should be evaluated for the presence of CAD or a predisposition to Prinzmetal's variant angina before receiving additional doses of sumatriptan (see WARNINGS). Similarly, patients who experience other symptoms or signs suggestive of decreased arterial flow (such as ischemic abdominal syndromes or Raynaud's syndrome) following sumatriptan should be evaluated for atherosclerosis or predisposition to vasospasm.

Sumatriptan may cause mild, transient elevation of blood pressure (see CLINICAL PHARMACOLOGY section of full prescribing information).

IMITREX Tablets should also be administered with caution to patients with impaired hepatic function (see CLINICAL PHARMACOLOGY and DOSAGE AND ADMINISTRATION sections of full prescribing information).

There have been rare reports of seizure following administration of sumatriptan.

As with other acute migraine therapies, before treating headaches in patients not previously diagnosed as migraineurs and in migraineurs who present with atypical symptoms, care should be taken to exclude other potentially serious neurological conditions. There have been rare reports where patients received sumatriptan for severe headaches that were subsequently shown to have been secondary to an evolving neurological lesion (cerebrovascular accident, subarachnoid hemorrhage). For a given attack, if a patient has no response to the first dose, the diagnosis of migraine should be reconsidered before administration of a second dose. In this regard, it should be noted that migraineurs may be at increased risk of certain cerebrovascular events (e.g., cerebrovascular accident, transient ischemic attack).

Binding to Melanin-Containing Tissues: Because sumatriptan binds to melanin, it could accumulate in melanin-rich tissues (such as the eye) over time. This raises the possibility that sumatriptan could cause toxicity in these tissues after extended use. However, no [illegible] with sumatriptan were noted in any of the toxicology studies. Although no [illegible] monitoring of ophthalmologic function was undertaken [illegible] recommendations for ophthalmologic monitoring are offered [illegible] could be aware of the possibility of long-term ophthalmologic effects (see CLINICAL PHARMACOLOGY section of full prescribing information).

Corneal Opacities. Sumatriptan causes corneal opacities and defects in the corneal epithelium in dogs; this raises the possibility that these changes may occur in humans. While patients were not systematically evaluated for these changes in clinical trials, [illegible] specific recommendations for monitoring are being offered, prescribers should be aware of the possibility of these changes (see CLINICAL PHARMACOLOGY section of full prescribing information).

Information for Patients: See PATIENT INFORMATION at the end of the full prescribing information for the text of the separate leaflet provided for patients.

Laboratory Tests: No specific laboratory tests are recommended for monitoring patients prior to and/or after treatment with IMITREX Tablets.

Drug Interactions:

Note: The combined use of oral sumatriptan and MAO inhibitors is contraindicated (see CONTRAINDICATIONS).

There is no evidence that concomitant use of migraine prophylactic medications has any effect on the efficacy or unwanted effects of sumatriptan. In controlled trials, a retrospective analysis compared 199 patients who had been using IMITREX Tablets and prophylactic drugs (calcium channel blockers, n=76; tricyclic antidepressants, n=43; beta blockers, n=70) to those who had not used prophylaxis (n=1,220). There were no differences in overall adverse event rates between the two groups.

Ergot-containing drugs have been reported to cause prolonged vasospastic reactions. Because there is a theoretical basis that these effects may be additive, use of ergot-containing or ergot-type medications (like dihydroergotamine or methysergide) and sumatriptan within 24 hours of each other should be avoided (see CONTRAINDICATIONS).

Propranolol: Pretreatment with propranolol 80 mg twice daily for 7 days had no effect on the pharmacokinetics, blood pressure, or pulse rate of oral sumatriptan administered as a single 300-mg dose.

Alcohol: Alcohol consumed 30 minutes prior to sumatriptan ingestion had no effect on the pharmacokinetics of sumatriptan.

Drug/Laboratory Test Interactions: IMITREX Tablets are not known to interfere with commonly employed clinical laboratory tests.

Carcinogenesis, Mutagenesis, Impairment of Fertility: In carcinogenicity studies, rats and mice were given sumatriptan by oral gavage (rats, 104 weeks) or in drinking water (mice, 78 weeks). Average exposures achieved in mice receiving the highest dose were approximately 40 times the exposure attained in humans after the maximum recommended single dose of 100 mg. The highest dose to rats was approximately 15 times the maximum single human dose of 100 mg on a mg/m² basis. There was no evidence of an increase in tumors in either species related to sumatriptan administration.

Sumatriptan was not mutagenic in the presence or absence of metabolic activation when tested in two gene mutation assays (the Ames test and the in vitro mammalian Chinese hamster V79/HGPRT assay). In two cytogenetics assays (the in vitro human lymphocyte assay and the in vivo rat micronucleus assay) sumatriptan was not associated with clastogenic activity.

In a study in which male and female rats were dosed daily with oral sumatriptan prior to and throughout the mating period, there was a treatment-related decrease in fertility secondary to a decrease in mating in animals treated with 50 and 500 mg/kg per day. The no-effect dose for this finding was approximately one half of the maximum recommended single human dose of 100 mg on a mg/m² basis. It is not clear whether the problem is associated with treatment of the males or females or both combined.

Pregnancy: *Pregnancy Category C.* In reproductive toxicity studies in rats and rabbits, oral treatment with sumatriptan was associated with embryolethality, fetal abnormalities, and pup mortality. There is no evidence that establishes that sumatriptan is a human teratogen; however, there are no adequate and well-controlled studies in pregnant women. IMITREX Tablets should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. In assessing this information, the following findings should be considered.

Embryolethality: When given orally to pregnant rabbits daily throughout the period of organogenesis, sumatriptan caused embryolethality only at a dose that clearly resulted in maternal toxicity, 100 mg/kg per day. The no-effect dose for embryolethality was 50 mg/kg per day, which is approximately nine times the maximum single human dose of 100 mg on a mg/m² basis.

Teratogenicity: A study in which rats were dosed daily with oral sumatriptan prior to and throughout gestation demonstrated fetal toxicity and a small increased incidence of a syndrome of malformations (short tail/short body and vertebral disorganization) after long-term treatment with 500 mg/kg per day. The no-effect dose for this effect was 50 mg/kg per day, approximately five times the maximum single human dose of 100 mg on a mg/m² basis.

Oral treatment of pregnant rats with sumatriptan during the period of organogenesis resulted in an increased incidence of blood vessel abnormalities (cervicothoracic and umbilical) at doses of approximately 250 mg/kg per day or higher. The no-effect dose for this was approximately 60 mg/kg per day, approximately six times the maximum single human dose of 100 mg on a mg/m² basis.

Oral treatment of pregnant rabbits with sumatriptan during the period of organogenesis resulted in an increased incidence of cervicothoracic vascular and skeletal abnormalities. The highest no-effect dose established for these effects was 15 mg/kg per day, approximately three times the human dose of 100 mg on a mg/m² basis.

To monitor fetal outcomes of pregnant women exposed to IMITREX, Glaxo Wellcome Inc. maintains a Sumatriptan Pregnancy Registry. Physicians are encouraged to register patients by calling (800) 722-9292, ext. 39441.

Pup Deaths: Oral treatment of pregnant rats with sumatriptan during the period of organogenesis resulted in a decrease in pup survival between birth and postnatal day 4 at doses of approximately 250 mg/kg per day or higher. The no-effect dose for this effect was approximately 60 mg/kg per day, or six times the human dose of 100 mg on a mg/m² basis.

Oral treatment of pregnant rats with sumatriptan from gestational day 17 through postnatal day 21 demonstrated a decrease in pup survival measured at postnatal days 2, 4, and 20 at the dose of 1,000 mg/kg per day. The no-effect dose for this finding was 100 mg/kg per day, approximately 10 times the human dose of 100 mg on a mg/m² basis.

Nursing Mothers: Sumatriptan is excreted in human breast milk. Therefore, caution should be exercised when considering the administration of IMITREX Tablets to nursing women.

Pediatric Use: Safety and effectiveness of IMITREX Tablets in pediatric patients have not been established.

Use in the Elderly: The safety and effectiveness of IMITREX Tablets in individuals over age 65 have not been systematically evaluated, but the pharmacokinetic disposition of IMITREX Tablets in the elderly is similar to that seen in younger adults.

ADVERSE REACTIONS: (see also PRECAUTIONS) Sumatriptan may cause coronary vasospasm in patients with a history of CAD, known to be susceptible to coronary artery vasospasm, and, very rarely, without prior history suggestive of CAD.

There have been rare reports from countries in which IMITREX Tablets have been marketed of serious and/or life-threatening arrhythmias including atrial fibrillation, ventricular fibrillation, ventricular tachycardia; myocardial infarction; ECG changes suggestive of myocardial ischemia; and symptoms consistent with angina pectoris after oral sumatriptan. Chest discomfort, when it occurs, is usually noncardiac in origin.

Other untoward clinical events associated with the use of IMITREX Tablets are: warm/hot sensations, tingling/paresthesia, pressure sensations, flushing, sensations of heaviness, chest symptoms (tightness and sensations of heaviness), dizziness/vertigo, bad taste in mouth, weakness, myalgias, neck stiffness, all these untoward effects are transient, although they may be severe in occasional patients.

Incidence in Controlled Clinical Trials: The following table lists adverse events that occurred in two large US placebo-controlled clinical trials. Only events that occurred at a frequency of 1% or more in the IMITREX Tablets 100-mg group and that occurred more frequently in that group than the placebo group are included in the following table.

Treatment-Emergent Adverse Events in Controlled US Clinical Trials Reported by at Least 1% of Patients With Migraine*

	Percent of Patients Reporting			
Adverse Event Type	Placebo (n=112)	IMITREX® 25 mg (n=114)	IMITREX 50 mg (n=108)	IMITREX 100 mg (n=112)
Atypical sensations				
Feeling of heaviness	<1	<1	<1	2
Feeling of tightness	0	<1	2	2
Pressure sensation	0	<1	2	2
Tingling	4	8	4	5
Warm/hot sensation	<1	2	3	3
Cardiovascular				
Flushing	<1	0	4	2
Palpitations	<1	0	<1	2
Ear, nose, and throat				
Discomfort: nasal	4	5	5	7
Eye				
Irritation of eye(s)	0	0	0	2
Visual disturbance	<1	0	<1	3
Musculoskeletal				
Weakness	0	2	<1	2
Neurological				
Agitation	0	0	0	
Urogenital				
Dysuna	<1	0	0	

*Events that occurred at a frequency of 1% or more in the IMITREX Tabl group and that occurred more frequently in that group than the placebo grou

Other events that occurred at least as often on placebo as in the 100-mg included abdominal discomfort, mouth or tongue discomfort, neck stiffness, a disturbance, nausea and/or vomiting, migraine, headache, drowsiness/sed ness/vertigo, and malaise/fatigue.

IMITREX Tablets are generally well tolerated. Across all doses, most adver are mild and transient and do not lead to long-lasting effects. The incidence events in controlled clinical trials was not affected by gender or age of the pat was insufficient data to assess the impact of race on the incidence of adverse

Other Events Observed in Association With Oral Sumatriptan: In the paragra low, the frequencies of less commonly reported adverse clinical events are Because the reports cite events observed in open and uncontrolled studies, IMITREX Tablets in their causation cannot be reliably determined. Furthermor associated with reporting requirements, the terminology used to describe adv etc., limit the value of quantitative frequency estimates provided.

Event frequencies are calculated as the number of patients reporting an ever the total number of patients (n = 6,348) exposed to oral sumatriptan. All reporte included except those already listed in the previous table, those too general to tive, and those not reasonably associated with the use of the drug. Events are sified within body system categones and enumerated in order of decreasin using the following definitions: frequent adverse events are defined as those oc least 1/100 patients; infrequent adverse events are those occurring in 1/100 patients; rare adverse events are those occurring in fewer than 1/1,000 patients

Atypical Sensations: Frequent were burning sensation, numbness, Infrequent was tight feeling in head. Rare were dysesthesia, hot and cold sens

Cardiovascular: Frequent were chest discomfort, chest pressure/heavi tightness. Infrequent were arrhythmia, changes in ECG, hypertension, hypoten pulsating sensations, tachycardia.

Rare were angina, atherosclerosis, bradycardia, cerebral ischemia, cerel lesion, heart block, peripheral cyanosis, thrombosis, transient myocardia vasodilation.

Ear, Nose, and Throat: Frequent were throat symptoms. Infrequent were l turbances, otalgia. Rare was feeling of fullness in the ear(s).

Endocrine and Metabolic: Infrequent was thirst. Rare were elevated thyroi ulating hormone (TSH) levels, galactorrhea, hyperglycemia, hypoglycemia roidism, polydipsia, weight gain, weight loss.

Eye: Rare were disorders of sclera, mydriasis.

Gastrointestinal: Frequent were diarrhea, gastric symptoms. Infrequent v pation, dysphagia, gastroesophageal reflux. Rare were gastrointestina hematemesis, melena, peptic ulcer.

Hematological Disorders: Rare was anemia.

Musculoskeletal: Frequent was myalgia. Infrequent was muscle cramps tetany.

Neurological: Frequent were phonophobia, photophobia. Infrequent were depression, difficulty concentrating, disturbance of smell, dysarthria, euphoria, heat sensitivity, incoordination, lacrimation, monoplegia, sleep disturbance, syncope, tremor. Rare were aggressiveness, apathy, bradylogia, cluster headac sions, decreased appetite, drug abuse, dystonic reaction, facial paralysis, hall hunger, hyperesthesia, hysteria, increased alertness, memory disturbance paralysis, personality change, phobia, radiculopathy, rigidity, suicide, twitching

Respiratory: Frequent was dyspnea. Infrequent was asthma. Rare was hic

Skin: Frequent was sweating. Infrequent were erythema, pruritus, tenderness. Rare were dry/scaly skin, tightness of skin, wrinkling of skin.

Breasts: Infrequent was tenderness. Rare was nipple discharge.

Urogenital: Infrequent were dysmenorrhea, increased urination, inte bleeding. Rare were abortion, hematuria.

Miscellaneous: Frequent was hypersensitivity. Infrequent were cough, retention, overdose. Rare were edema, hematoma, lymphadenopathy, spe bance, voice disturbances.

Postmarketing Experience: The following are spontaneously reported adve from postmarketing experience except those events already listed previou ADVERSE REACTIONS section or those too general to be informative. Because cite events reported spontaneously from worldwide postmarketing experience of events and the role of IMITREX Tablets in their causation cannot be reliably d

Blood: Pancytopenia, thrombocytopenia.

Cardiovascular: Cardiomyopathy, cerebrovascular accident, ischem pulmonary embolism, shock, subarachnoid hemorrhage.

Dermatological: Exacerbation of sunburn, photosensitivity.

Ear, Nose, and Throat: Deainess.

Eye: Intraocular disorders, ischemic optic neuropathy, periorbital edema, re occlusion.

Gastrointesinal: Xerostomia.

Hepatic: Disturbances of liver function tests, hepatic impairment.

Hypersensitivity Reactions: Erythema, pruritus, rash, shortness of b urticaria. In addition, severe anaphylaxis/anaphylactoid reactions have been rep WARNINGS).

Non-Site Specific: Angioneurotic edema, cyanosis, death (see WARNINGS arteritis.

Psychiatry: Panic disorder.

Urogenital: Acute renal failure.

DRUG ABUSE AND DEPENDENCE: The abuse potential of IMITREX Tablets fully delineated in advance of extensive marketing experience. One clinical IMITREX® (sumatriptan succinate) Injection enrolling 12 patients with a histo stance abuse failed to induce subjective behavior and/or physiologic response associated with drugs that have an established potential for abuse.

OVERDOSAGE: Patients (n=670) have received single oral doses of 140 to 30 out significant adverse effects. Volunteers (n=174) have received single oral do to 400 mg without serious adverse events.

No gross overdoses in clinical practice have been reported. Coronary vasos observed after intravenous administration of sumatriptan (see CONTRAINDI Overdoses would be expected from animal data to possibly cause tremor, lett thema of the extremities, abnormal respiration, cyanosis, ataxia, mydriasis, and The elimination half-life of sumatriptan is about 2.5 hours (see CLINICAL PHAR GY section of full prescribing information), and therefore monitoring of patients dose with IMITREX Tablets should continue for at least 10 hours or while syn signs persist.

It is unknown what effect hemodialysis or peritoneal dialysis has on the s centrations of sumatriptan.

Glaxo Wellcome

Glaxo Wellcome Inc
Research Triangle Park, NC 27709

U. S. Patent Nos. 4,816,470 and 5,037,845
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February 1997 RL-392

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IMC147RO April 1997

Live to be 100

continued from page 130

Health Habits *of Older Doctors*

We asked a handful of doctors, all over age 65 and in excellent health, if they'd share their secrets to staying so well as they age. Here's how they keep their bodies—and their minds—in top-notch condition.

• Until her husband's death two years ago, Dr. Mildred Doster, 90, always spent a lot of time outdoors. The couple often hiked in the mountains outside their Denver home. She still stays active, even mowing her own lawn. Dr. Doster also stays mentally engaged, lending her medical knowledge to various boards and committees. "Choose interests you can continue throughout your life," she advises.

• More time to exercise is what Dr. William Gibson, 84, wishes he had. But he's been busy writing a book about students who made important discoveries while still in medical school.

Dr. Gibson walks a half-mile every day and his diet is heavy on fruits and vegetables. His advice to staying healthy as you age? "Have interests *before* you retire."

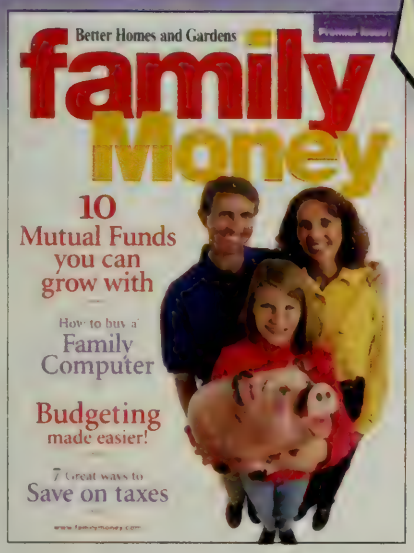
• At 84, Dr. Frank McGlone still practices medicine full time. He also plays squash, and logs many miles walking the golf course. Echoing his colleagues, he recommends keeping active physically and mentally.

A devout Catholic, he also considers religious beliefs to be key to living a long and healthy life.

• Dr. Walter M. Bortz II began running at age 40. Now 67, he competes in marathons. His diet is varied, and he says he doesn't skimp on calories. "I eat like a hog. I really do." ♦

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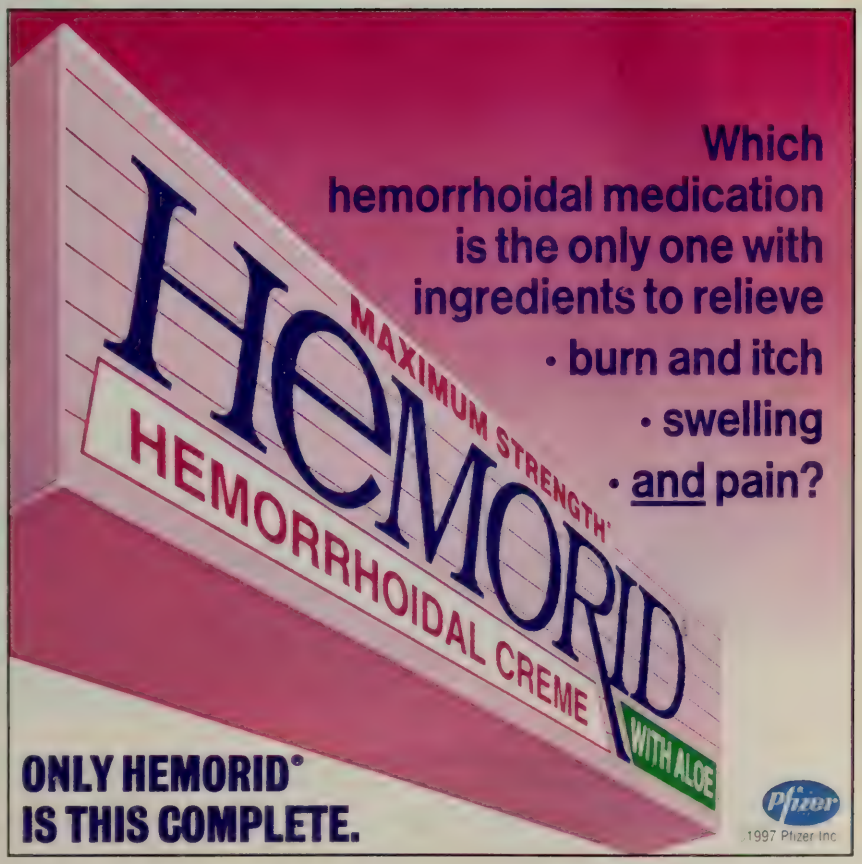


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ACCOLATE twice a da



[1]ACCOLATE important information, Zeneca Pharmaceuticals, Wilmington, Delaware. [2]Please see adverse reactions and precautions sections of the adjacent brief summary.

elps me control my asthma.

Introducing the first new class of asthma therapy in 20 years.

ACCOLATE® (zafirlukast) isn't just another medication. It's a new type of asthma therapy. ACCOLATE is an oral tablet available only by prescription, for the prevention and chronic treatment of asthma in adults and children 12 years of age and older.

ACCOLATE doesn't just treat your symptoms, it targets a cause – leukotrienes.

ACCOLATE isn't a steroid or a theophylline. The way ACCOLATE works is simple. In people with asthma, the body produces natural chemicals known as leukotrienes. These leukotrienes cause the muscles in the airways to contract and lung tissue to swell, resulting in difficulty breathing. Taken regularly, ACCOLATE can actually block the effects of these chemicals.

The result? Improvement in your asthma condition reflected in fewer daytime symptoms and less frequent nighttime awakenings.

The convenience of a tablet.

By making ACCOLATE part of your asthma treatment regimen, you may even reduce your reliance on your inhaler. However, ACCOLATE should not be used to treat an acute asthma attack. Improvement in symptoms usually occurs within one week of starting treatment.

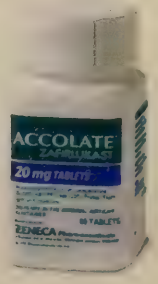
In recent studies, ACCOLATE was proven to be generally well-tolerated.[1]

The most common side effects include headache, infection, and nausea; these are comparable to placebo (sugar pill).[2] Be sure to talk to your doctor if you are pregnant or nursing, or taking warfarin or other medications. Also, if you experience any muscle pain or weakness, contact your doctor immediately, as this may be the sign of a rare but serious side effect.

ACCOLATE is a convenient, effective way to help control asthma. So call now or talk to your doctor.

Please see adjacent page for important information.

ORAL
ACCOLATE®
ZAFIRLUKAST 20 mg Tablets



Call toll free 1 800 225-5841 now for a free information kit – "Living with Asthma – A Guide to Healthy Living" – and a $5 rebate.

ACCOLATE®
ZAFIRLUKAST 20 mg Tablets

BRIEF SUMMARY, ACCOLATE® (zafirlukast) Tablets

FOR FULL PRESCRIBING INFORMATION, SEE PROFESSIONAL INFORMATION BROCHURE

INDICATIONS AND USAGE

ACCOLATE is indicated for the prophylaxis and chronic treatment of asthma in adults and children 12 years of age and older.

CONTRAINDICATIONS

ACCOLATE is contraindicated in patients who are hypersensitive to zafirlukast or any of its inactive ingredients.

WARNINGS

ACCOLATE is not indicated for use in the reversal of bronchospasm in acute asthma attacks, including status asthmaticus. Therapy with ACCOLATE can be continued during acute exacerbations of asthma.

Coadministration of zafirlukast with warfarin results in a clinically significant increase in prothrombin time (PT). Patients on oral warfarin anticoagulant therapy and ACCOLATE should have their prothrombin times monitored closely and anticoagulant dose adjusted accordingly. (See PRECAUTIONS, Drug Interactions.)

PRECAUTIONS

Information for Patients: ACCOLATE is indicated for the chronic treatment of asthma and should be taken regularly as prescribed, even during symptom-free periods. ACCOLATE is not a bronchodilator and should not be used to treat acute episodes of asthma. Patients receiving ACCOLATE should be instructed not to decrease the dose or stop taking any other antiasthma medications unless instructed by a physician. Women who are breast-feeding should be instructed not to take ACCOLATE (see PRECAUTIONS, Nursing Mothers). Alternative antiasthma medication should be considered in such patients.

The bioavailability of ACCOLATE may be decreased when taken with food. Patients should be instructed to take ACCOLATE at least 1 hour before or 2 hours after meals.

Patients should be told that a rare side effect of ACCOLATE is elevation of liver enzymes and that if they experience signs and/or symptoms of liver dysfunction (eg, right upper quadrant abdominal pain, nausea, fatigue, lethargy, pruritus, jaundice, and "flu-like" symptoms), they should contact their physician immediately.

Hepatic: Rarely, elevations of one or more liver enzymes may occur during ACCOLATE therapy. Most of these have been observed in clinical trials with ACCOLATE at doses four times higher than the recommended dose. The clinical significance of these elevations are unknown. If clinical signs or symptoms of liver dysfunction (eg, right upper quadrant abdominal pain, nausea, fatigue, lethargy, pruritus, jaundice, and "flu-like" symptoms) are noted, it is reasonable to recommend that standard liver tests be obtained and the patient managed accordingly. A decision to discontinue ACCOLATE should be individualized to the patient's condition weighing the risk of hepatic dysfunction against the clinical benefit of ACCOLATE to the patient. (See PRECAUTIONS – Information for Patients and ADVERSE REACTIONS sections.)

Drug Interactions: In a drug interaction study in 16 healthy male volunteers, coadministration of multiple doses of zafirlukast (160 mg/day) to steady state with a single 25-mg dose of warfarin resulted in a significant increase in the mean AUC (+ 63%) and half-life (+36%) of S-warfarin. The mean prothrombin time (PT) increased by approximately 35%. This interaction is probably due to an inhibition by zafirlukast of the cytochrome P450 2C9 isoenzyme system. Patients on oral warfarin anticoagulant therapy and ACCOLATE should have their prothrombin times monitored closely and anticoagulant dose adjusted accordingly (see WARNINGS). No formal drug-drug interaction studies with ACCOLATE and other drugs known to be metabolized by the cytochrome P450 2C9 isoenzyme (eg, tolbutamide, phenytoin, carbamazepine) have been conducted; however, care should be exercised when ACCOLATE is coadministered with these drugs.

In a drug interaction study in 16 healthy male volunteers, coadministration of zafirlukast (320 mg/day), with terfenadine (60 mg twice daily) to steady state resulted in a decrease in the mean C_{max} (-66%) and AUC (-54%) of ACCOLATE. No effect of zafirlukast on terfenadine plasma concentrations or ECG parameters (ie, QT_C interval) was seen. No formal drug-drug interaction studies between ACCOLATE and other drugs known to be metabolized by the P450 3A4 (CYP 3A4) isoenzyme (eg, dihydropyridine calcium-channel blockers, cyclosporin, cisapride, astemizole) have been conducted. As ACCOLATE is known to be an inhibitor of CYP 3A4 in vitro, it is reasonable to employ appropriate clinical monitoring when these drugs are coadministered with ACCOLATE.

In a drug interaction study in 11 asthmatic patients, coadministration of a single dose of zafirlukast (40 mg) with erythromycin (500 mg three times daily for 5 days) to steady state resulted in decreased mean plasma levels of zafirlukast by approximately 40% due to a decrease in zafirlukast bioavailability.

Coadministration of zafirlukast (80 mg/day) at steady state with a single dose of a liquid theophylline preparation (5 mg/kg) in 13 asthmatic patients resulted in decreased mean plasma levels of zafirlukast by approximately 30%, but no effect on plasma theophylline levels was observed.

Coadministration of zafirlukast (40 mg/day) with aspirin (650 mg four times daily) resulted in mean increased plasma levels of zafirlukast by approximately 45%.

In a single-blind, parallel-group, 3-week study in 39 healthy female subjects taking oral contraceptives, 40 mg twice daily of zafirlukast had no significant effect on ethinyl estradiol plasma concentrations or contraceptive efficacy.

Carcinogenesis, Mutagenesis, Impairment of Fertility: In two-year carcinogenicity studies, zafirlukast was administered at oral daily doses of 10, 100, and 300 mg/kg to mice and 40, 400, and 2000 mg/kg to rats. Male mice given 300 mg/kg/day of zafirlukast had a greater incidence of hepatocellular adenomas as compared to concurrent controls; female mice at this dose showed a greater incidence of whole body histocytic sarcomas. Male and female rats given 2000 mg/kg/day of zafirlukast had a greater incidence of urinary bladder transitional cell papillomas as compared to concurrent controls. Pharmacokinetic data show that the plasma concentrations in mice at nontumorigenic (100 mg/kg) and tumorigenic (300 mg/kg) doses of zafirlukast were approximately 70 times and 220 times, respectively, the plasma concentrations at the maximum recommended human daily oral dose. For rats, plasma concentrations at the nontumorigenic (400 mg/kg) and tumorigenic (2000 mg/kg) doses of zafirlukast were approximately 170 times and 200 times, respectively, the plasma concentrations in humans at the maximum recommended human daily oral dose. The clinical significance of these findings for the long-term use of ACCOLATE is unknown.

In mutagenicity studies, there was no evidence of mutagenic potential in reversion (S. typhimurium and E. coli) or forward point mutation (CHO-HGPRT and mouse lymphoma) assays or in two assays for chromosomal aberrations (human peripheral blood lymphocyte clastogenic assay and the rat bone marrow micronucleus assay).

Reproduction and fertility studies in rats showed no effect on fertility due to zafirlukast at doses up to 2000 mg/kg (approximately 400 times the maximum recommended human daily oral dose on mg/m² basis). In the one-year toxicity studies in dogs, zafirlukast produced an increase in absolute and relative uterine and ovarian weights at an oral dose of 150 mg/kg, resulting in approximately 85 times the systemic exposure (AUC_{0-12h}) in humans at the maximum recommended human oral daily dose.

Pregnancy Category B: No teratogenicity was observed at oral doses up to 1600 mg/kg/day in mice (approximately 160 times the maximum recommended human daily oral dose on a mg/m² basis), 2000 mg/kg/day in rats (approximately 400 times the maximum recommended human daily oral dose on a mg/m² basis) and 2000 mg/kg/day in cynomolgus monkeys (approximately 800 times the maximum recommended human daily oral dose on a mg/m² basis). At 2000 mg/kg/day in rats, maternal toxicity and deaths were seen with increased incidence of early fetal resorption. Spontaneous abortions occurred in cynomolgus monkeys at a maternally toxic dose of 2000 mg/kg/day orally. There are no adequate and well-controlled trials in pregnant women. Because animal reproduction studies are not always predictive of human response, ACCOLATE should be used during pregnancy only if clearly needed.

Nursing Mothers: Zafirlukast is excreted in breast milk. Following repeated 40-mg twice-a-day dosing in healthy women, average steady-state concentration of zafirlukast in breast milk were 50 ng/mL compared to 255 ng/mL in plasma. Because of the potential for tumorigenicity shown for zafirlukast in mouse and rat studies and the enhanced sensitivity of neonatal rats and dogs to the adverse effects of zafirlukast, ACCOLATE should not be administered to mothers who are breast-feeding.

Pediatric Use: The safety and effectiveness of ACCOLATE in pediatric patients below the age of 12 years have not been established.

ADVERSE REACTIONS

The safety database for ACCOLATE consists of more than 4000 healthy volunteers and patients who received ACCOLATE, of which 1723 were asthmatics enrolled in trials of 13 weeks duration or longer. A total of 671 patients received ACCOLATE for 1 year or longer. The majority of the patients were 18 years of age or older; however, 222 patients between the age of 12 and 18 years received ACCOLATE.

A comparison of adverse events reported by ≥ 1% of zafirlukast-treated patients, and at rates numerically greater than in placebo-treated patients, is shown for all trials in the following table.

Adverse Event	ACCOLATE N=4058	PLACEBO N=2032
Headache	12.9%	11.7%
Infection	3.5%	3.4%
Nausea	3.1%	2.0%
Diarrhea	2.8%	2.1%
Pain (generalized)	1.9%	1.7%
Asthenia	1.8%	1.6%
Abdominal Pain	1.8%	1.1%
Accidental Injury	1.6%	1.5%
Dizziness	1.6%	1.5%
Myalgia	1.6%	1.5%
Fever	1.6%	1.1%
Back Pain	1.5%	1.2%
Vomiting	1.5%	1.1%
SGPT Elevation	1.5%	1.1%
Dyspepsia	1.3%	1.2%

The frequency of less common adverse events was comparable between ACCOLATE and placebo.

Rarely, elevations of one or more liver enzymes have occurred in patients receiving ACCOLATE in controlled clinical trials. Most of these have been observed in asymptomatic patients at doses four times higher than the recommended dose and returned to the normal range after a variable period of time upon discontinuation of ACCOLATE therapy. Rare cases of symptomatic hepatitis and hyperbilirubinemia, without other attributable cause, have occurred in patients who had received the recommended doses of ACCOLATE (40 mg/day). In these patients, the liver enzymes returned to normal or near-normal after stopping ACCOLATE.

In clinical trials, an increased proportion of zafirlukast patients over the age of 55 years reported infections as compared to placebo-treated patients. A similar finding was not observed in other age groups studied. These infections were mostly mild or moderate in intensity and predominantly affected the respiratory tract. Infections occurred equally in both sexes, were dose-proportional to total milligrams of zafirlukast exposure, and were associated with coadministration of inhaled corticosteroids. The clinical significance of this finding is unknown.

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Julie says she searched for a cancer treatment program that treated the whole person, not just the cancer. She found what she was looking for at Cancer Treatment Centers of America™.

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No case is typical. You should not expect to experience these results.

Walk Away From Depression



When a person battles depression, there sometimes seems to be no way out of the dark hole. The last thing most people want to do is exercise for 30 minutes even though it can help make them feel better.

If a half hour of exercise seems like a marathon, take heart. A Duke University Medical Center study has found that a quick 10-minute walk may be enough to make clinically depressed people feel better.

The study, by health psychologist Kathleen Moore, involved a group of inactive depressed people age 50 and older. Before they began walking on a treadmill at maximum effort, the group took a mood test. Then they walked for eight minutes and completed the test again.

The participants showed immediate psychological changes, Moore says. Eighty-two percent said they were less tense, tired, angry, and confused after they walked. The same percentage reported feeling more vigorous.

"However, there was no control group, so we can't say for certain whether it was the exercise itself or some other factor," Moore says. The social support of the exercise staff may have made people feel better. Another study, which includes a control group, is now under way.

VIOLENT YOUNG JOCKS

Students who punch and tackle in sports may be doing the same thing when they're out on the playground.

Nancy G. Murray of the University of Texas-Houston School of Public Health studied sixth-grade girls and boys for one week. Students who played football, wrestled, lifted weights, or boxed were the students who did the most teasing, name-calling, threatening, and hitting. Students who played volleyball, jumped rope, and biked did fewer aggressive acts during the week.

Murray says, "A sports setting would be a great place to deliver violence prevention interventions, such as teaching kids to walk away from fights."

Older Women: Live Longer With Exercise

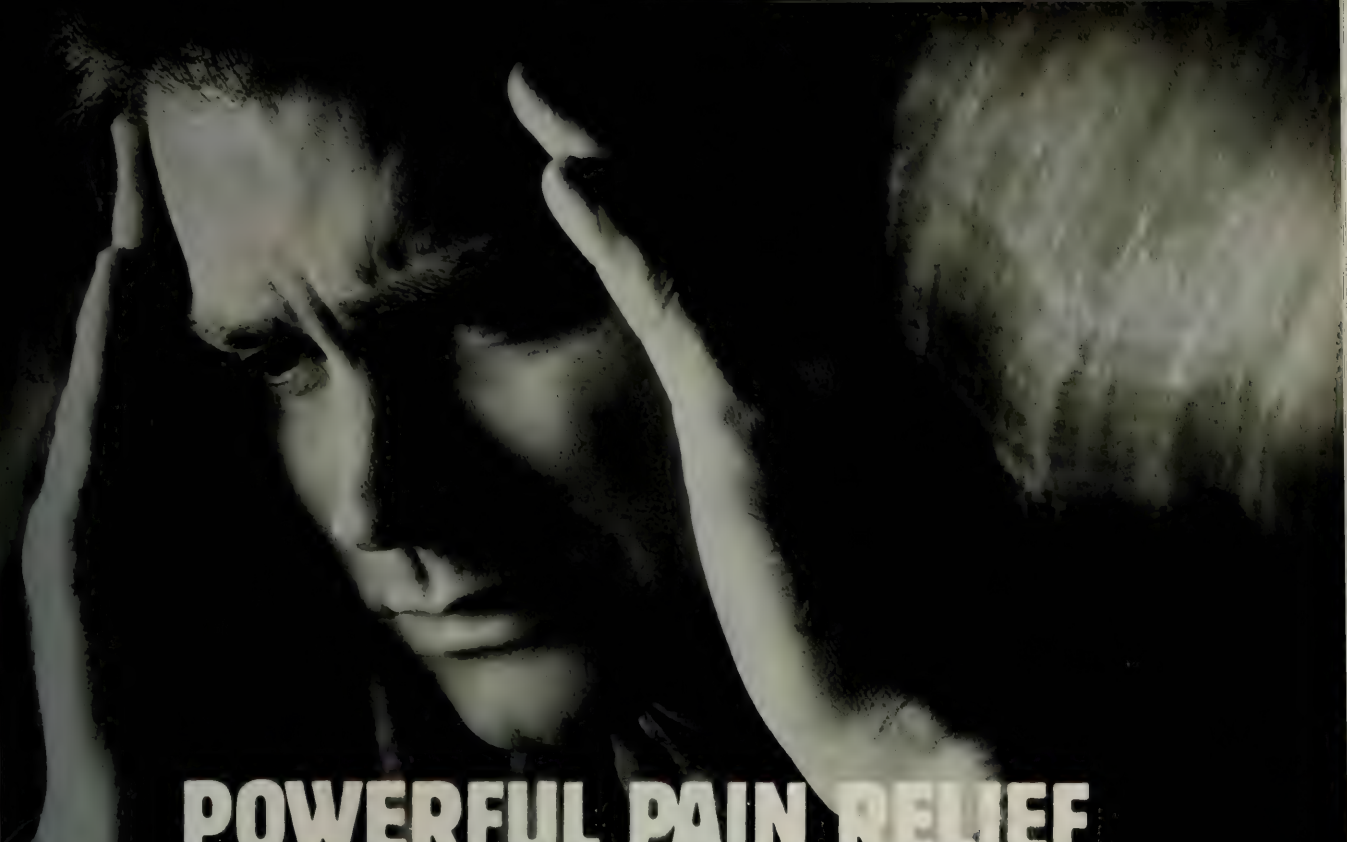
There are dozens of reasons to exercise regularly, but there's one really good one for postmenopausal women: It can help extend their life.

"Even a little bit of moderate exercise is better than nothing," says epidemiologist Dr. Lawrence Kushi of the University of Minnesota. He and other researchers gathered information from a study of more than 40,000 Iowa women, ages 55 to 69.

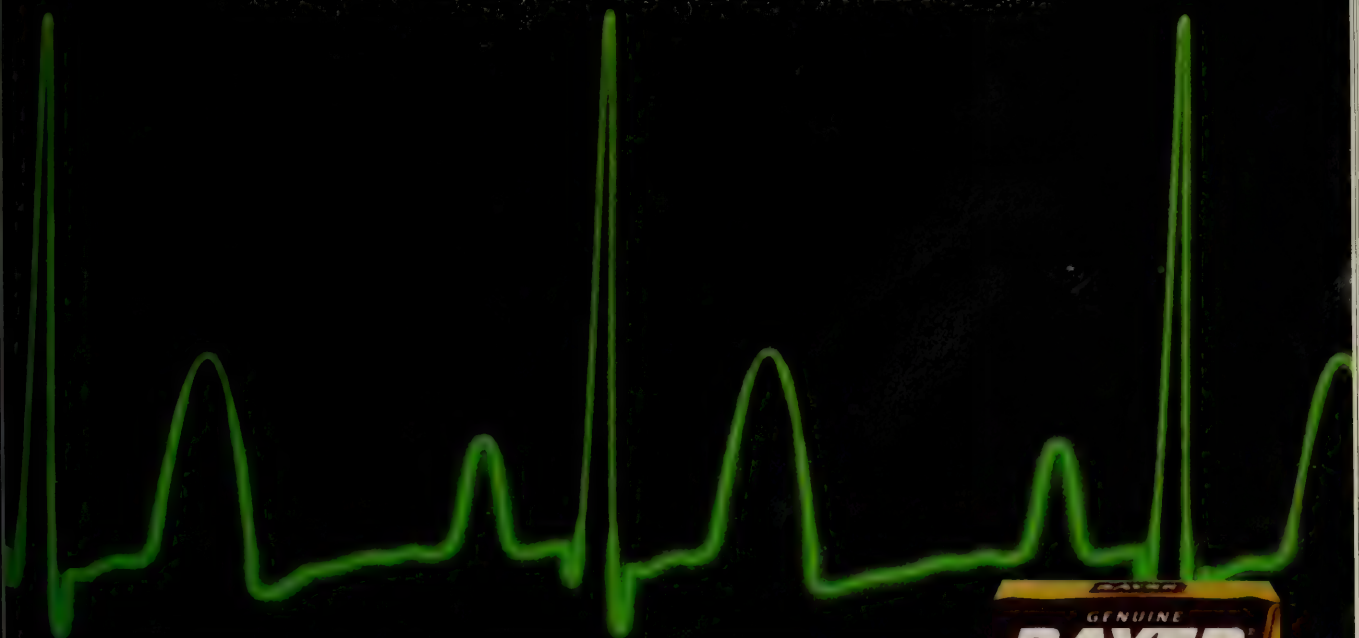
Women who reported doing moderate exercise (golfing, bowling, gardening, or taking long walks) as little as once a week were 24 percent less likely to die over a seven-year time period than women who did not exercise. This jumped to 38 percent with women who exercised moderately four or more times a week.

But those women who engaged in vigorous exercise did the best. Those who reported jogging, doing aerobics, playing racket sports, or swimming four or more times a week were 43 percent less likely to die in the seven years than inactive women. "More is better, but a little is good, too," Dr. Kushi says.

continued on page 142



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HEALTH

How to help antibiotics help you.

Have you ever asked your doctor for antibiotics to treat a cold or the flu? Do you sometimes stop taking your antibiotic prescription once you start to feel better? Or have you ever saved "leftovers" for next time? If so, read on.

Since their discovery more than 50 years ago, antibiotics have been a key factor in fighting bacterial infections and keeping us healthy. If you've ever been diagnosed with such common conditions as pharyngitis, chronic bronchitis, or a middle ear infection, chances are you've taken them. Yet antibiotics remain one of the most misunderstood and misused medications.

The truth is, antibiotics should be taken only when necessary and are effective only when used properly. While only your doctor can determine when you need them, there is much you can do to help. Start by reading these facts, and tips on proper usage.

What is an antibiotic?

Antibiotics are medications that either kill bacteria or stop them from growing. They are most commonly prescribed for bacterial infections, often involving the lungs, throat, or middle ear. Different antibiotics may be used for different types of infections. Only your doctor can determine what infection you have and which antibiotic is appropriate to treat it.

When is it appropriate to take an antibiotic?

Antibiotics only work against bacterial infections. So if you have a viral infection, such as the common cold or flu, do not expect or insist that your doctor prescribe you an antibiotic. Only your doctor can determine the type of infection you have and whether an antibiotic is necessary.

Why are some antibiotics prescribed differently than others?

Each antibiotic has a different chemical structure and this affects the way it works in the body. The specific antibiotic and the type of infection it's being used to treat, determine the number of days and the number of doses per day the antibiotic needs to be taken. Some antibiotics can be taken for 5 days while others are taken for 10 to 14 days. It is important to take the specified number of doses each day for the number of days prescribed by your doctor. Let your doctor know if you're taking other medications, which could interfere with how your antibiotic works.

Why do I have to keep taking antibiotics after I start to feel better?

It's natural to begin feeling better when you first start your prescription, because the antibiotics have begun their job of knocking out harmful bacteria. But just because your symptoms are gone does not mean that your antibiotics have finished their work. If you stop antibiotics before the full course is finished, the infection may not be completely treated. Be sure to take the recommended amount of medication and follow your doctor's instructions carefully.

Remember these tips.

- It's up to your doctor to decide whether you need an antibiotic, and if so, which one.
- Don't insist on a prescription for an antibiotic if you have a viral infection, such as a cold or the flu.
- Don't stop taking antibiotics before you complete your prescription, even if your symptoms are gone.
- Follow your doctor's instructions carefully. Take doses on schedule for the number of days indicated.
- Let your doctor know if you're taking other medications.
- Never share your medication with anyone. If you have any left over, throw it away.
- As with all medications, keep your antibiotics out of children's reach.

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Or ask your doctor about Zithromax.® Five days and you're done.



If your doctor is prescribing an antibiotic for a bacterial respiratory tract infection such as chronic bronchitis, ask if Zithromax® is right for you.

THE ONLY ONCE-A-DAY FOR FIVE DAYS ANTIBIOTIC.

Unlike other antibiotics, you take Zithromax just once a day for five days. And five days are as effective as ten days of conventional therapy, because Zithromax continues to work for several days after your last dose.

Zithromax is well tolerated. The most common side effects are diarrhea (5%), nausea (3%), and abdominal pain (3%). Although allergic reactions are rare, should one occur, discontinue this medication and contact your healthcare professional. See the brief summary on the next page for complete details.

ASK YOUR DOCTOR IF ZITHROMAX IS RIGHT FOR YOU.

For more information and a free booklet, *Is it time to call the doctor?*, call 1-800-579-DAYS.

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ZITHROMAX®
(azithromycin tablets)
BRIEF SUMMARY

CONTRAINDICATIONS ZITHROMAX® is contraindicated in patients with known hypersensitivity to azithromycin, erythromycin, or any macrolide antibiotic.

WARNINGS Serious allergic reactions, including angioedema, anaphylaxis, and dermatologic reactions including Stevens Johnson Syndrome and toxic epidermal necrolysis have been reported rarely in patients on azithromycin therapy. Although rare, fatalities have been reported. (See **CONTRAINDICATIONS**.) Despite initially successful symptomatic treatment of the allergic symptoms, when symptomatic therapy was discontinued, the allergic symptoms **recurred soon thereafter in some patients without further azithromycin exposure.** These patients required prolonged periods of observation and symptomatic treatment. The relationship of these episodes to the long tissue half-life of azithromycin and subsequent prolonged exposure to antigen is unknown at present. If an allergic reaction occurs, the drug should be discontinued and appropriate therapy should be instituted. Physicians should be aware that reappearance of the allergic symptoms may occur when symptomatic therapy is discontinued.

In the treatment of pneumonia, azithromycin has only been shown to be safe and effective in the treatment of community-acquired pneumonia due to *Chlamydia pneumoniae, Haemophilus influenzae, Mycoplasma pneumoniae,* or *Streptococcus pneumoniae* in patients appropriate for oral therapy. Azithromycin should not be used in patients with pneumonia who are judged to be inappropriate for oral therapy because of moderate to severe illness or risk factors such as any of the following: patients with cystic fibrosis, patients with nosocomially acquired infections, patients with known or suspected bacteremia, patients requiring hospitalization, elderly or debilitated patients, or patients with significant underlying health problems that may compromise their ability to respond to their illness (including immunodeficiency or functional asplenia). Pseudomembranous colitis has been reported with nearly all antibacterial agents and may range in severity from mild to life-threatening. Therefore, it is important to consider this diagnosis in patients who present with diarrhea subsequent to the administration of antibacterial agents. Treatment with antibacterial agents alters the normal flora of the colon and may permit overgrowth of clostridia. Studies indicate that a toxin produced by *Clostridium difficile* is a primary cause of "antibiotic-associated colitis." After the diagnosis of pseudomembranous colitis has been established, therapeutic measures should be initiated. Mild cases of pseudomembranous colitis usually respond to discontinuation of the drug alone. In moderate to severe cases, consideration should be given to management with fluids and electrolytes, protein supplementation, and treatment with an antibacterial drug clinically effective against *Clostridium difficile* colitis.

PRECAUTIONS General: Because azithromycin is principally eliminated via the liver, caution should be exercised when azithromycin is administered to patients with impaired hepatic function. There are no data regarding azithromycin usage in patients with renal impairment; thus, caution should be exercised when prescribing azithromycin in these patients. The following adverse events have not been reported in clinical trials with azithromycin, an azalide; however, they have been reported with macrolide products: ventricular arrhythmias, including ventricular tachycardia and *torsades de pointes*, in individuals with prolonged QT intervals. There has been a spontaneous report from the post-marketing experience of a patient with previous history of arrhythmias who experienced *torsades de pointes* and subsequent myocardial infarction following a course of azithromycin therapy.

Information for Patients: ZITHROMAX® tablets can be taken with or without food. Patients should also be cautioned not to take aluminum- and magnesium-containing antacids and azithromycin simultaneously. The patient should be directed to discontinue azithromycin immediately and contact a physician if any signs of an allergic reaction occur.

Drug Interactions: Aluminum- and magnesium-containing antacids reduce the peak serum levels (rate) but not the AUC (extent) of azithromycin absorption. Administration of cimetidine (800 mg) two hours prior to azithromycin had no effect on azithromycin absorption. Azithromycin did not affect the plasma levels or pharmacokinetics of theophylline administered as a single intravenous dose. The effect of azithromycin on the plasma levels or pharmacokinetics of theophylline administered in multiple doses resulting in therapeutic steady-state levels of theophylline is not known. However, concurrent use of macrolides and theophylline has been associated with increases in the serum concentrations of theophylline. Therefore, until further data are available, prudent medical practice dictates careful monitoring of plasma theophylline levels in patients receiving azithromycin and theophylline concomitantly. Azithromycin did not affect the prothrombin time response to a single dose of warfarin. However, prudent medical practice dictates careful monitoring of prothrombin time in all patients treated with azithromycin and warfarin concomitantly. Concurrent use of macrolides and warfarin in clinical practice has been associated with increased anticoagulant effects. The following drug interactions have not been reported in clinical trials with azithromycin; however, no specific drug interaction studies have been performed to evaluate potential drug-drug interaction. Nonetheless, they have been observed with macrolide products. Until further data are developed regarding drug interactions when azithromycin and these drugs are used concomitantly, careful monitoring of patients is advised. Digoxin–elevated digoxin levels. Ergotamine or dihydroergotamine–acute ergot toxicity characterized by severe peripheral vasospasm and dysesthesia. Triazolam–decrease the clearance of triazolam and thus may increase the pharmacologic effect of triazolam. Drugs metabolized by the cytochrome P450 system–elevations of serum carbamazepine, terfenadine, cyclosporine, hexobarbital, and phenytoin levels.

Laboratory Test Interactions: There are no reported laboratory test interactions.

Carcinogenesis, Mutagenesis, Impairment of Fertility: Long-term studies in animals have not been performed to evaluate carcinogenic potential. Azithromycin has shown no mutagenic potential in standard laboratory tests: mouse lymphoma assay, human lymphocyte clastogenic assay, and mouse bone marrow clastogenic assay. No evidence of impaired fertility due to azithromycin was found.

Pregnancy: Teratogenic Effects. Pregnancy Category B. Reproduction studies have been performed in rats and mice at doses up to approximately maternally toxic dose levels (i.e., 200 mg/kg/day). These doses, based on a mg/kg basis are estimated to be 4 and 2 times, respectively, the human dose. In these animal studies, no evidence of harm to the fetus due to azithromycin was found. There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of human response, azithromycin should be used during pregnancy only if clearly needed.

Nursing Mothers: It is not known whether azithromycin is excreted in human milk. Because many drugs are excreted in human milk, caution should be exercised when azithromycin is administered to a nursing woman.

Pediatric Use: (INDICATIONS AND USAGE) Acute Otitis Media (dosage regimen: 10 mg/kg on Day 1 followed by 5 mg/kg on Days 2–5): Safety and effectiveness in the treatment of children with otitis media under 6 months of age have not been established. Community- Acquired Pneumonia (dosage regimen: 10 mg/kg on Day 1 followed by 5 mg/kg on Days 2–5): Safety and effectiveness in the treatment of children with community-acquired pneumonia under 6 months of age have not been established. Safety and effectiveness for pneumonia due to *Chlamydia pneumoniae* and *Mycoplasma pneumoniae* were documented in pediatric clinical trials. Safety and effectiveness for pneumonia due to *Haemophilus influenzae* and *Streptococcus pneumoniae* were not documented bacteriologically in the pediatric clinical trial due to difficulty in obtaining specimens. Use of azithromycin for these two microorganisms is supported, however, by evidence from adequate and well-controlled studies in adults. Pharyngitis/Tonsillitis (dosage regimen: 12 mg/kg on Days 1–5): Safety and effectiveness in the treatment of children with pharyngitis/tonsillitis under 2 years of age have not been established. **Studies evaluating the use of repeated courses of therapy have not been conducted. Geriatric Use:** Pharmacokinetic parameters in older volunteers (65–85 years old) were similar to those in younger volunteers (18–40 years old) for the 5-day therapeutic regimen. Dosage adjustment does not appear to be necessary for older patients with normal renal and hepatic function receiving treatment with this dosage regimen.

ADVERSE REACTIONS In clinical trials, most of the reported side effects were mild to moderate in severity and were reversible upon discontinuation of the drug. Approximately 0.7% of the patients (adults and children) from the multiple-dose clinical trials discontinued ZITHROMAX® (azithromycin) therapy because of treatment-related side effects. Most of the side effects leading to discontinuation were related to the gastrointestinal tract, e.g., nausea, vomiting, diarrhea, or abdominal pain. Potentially serious side effects of angioedema and cholestatic jaundice were reported rarely. **Clinical: Adults:** *Multiple-dose regimen:* Overall, the most common side effects in adult patients receiving a multiple-dose regimen of ZITHROMAX® were related to the gastrointestinal system with diarrhea/loose stools (5%), nausea (3%), and abdominal pain (3%) being the most frequently reported. No other side effects occurred in patients on the multiple-dose regimen of ZITHROMAX® with a frequency greater than 1%. Side effects that occurred with a frequency of 1% or less included the following: **Cardiovascular:** Palpitations, chest pain. **Gastrointestinal:** Dyspepsia, flatulence, vomiting, melena, and cholestatic jaundice. **Genitourinary:** Monilia, vaginitis, and nephritis. **Nervous System:** Dizziness, headache, vertigo, and somnolence. **General:** Fatigue. **Allergic:** Rash, photosensitivity, and angioedema. *Single 1-gram dose regimen:* Overall, the most common side effects in patients receiving a single-dose regimen of 1 gram of ZITHROMAX® were related to the gastrointestinal system and were more frequently reported than in patients receiving the multiple-dose regimen. Side effects that occurred in patients on the single one-gram dosing regimen of ZITHROMAX® with a frequency of 1% or greater included diarrhea/loose stools (7%), nausea (5%), abdominal pain (5%), vomiting (2%), dyspepsia (1%), and vaginitis (1%). *Single 2-gram dose regimen:* Overall, the most common side effects in patients receiving a single 2-gram dose of ZITHROMAX® were related to the gastrointestinal system. Side effects that occurred in patients in this study with a frequency of 1% or greater included nausea (18%), diarrhea/loose stools (14%), vomiting (7%), abdominal pain (7%), vaginitis (2%), dyspepsia (1%), and dizziness (1%). The majority of these complaints were mild in nature.

Children: *Multiple-dose regimens:* The types of side effects in children were comparable to those seen in adults, with different incidence rates for the two dosage regimens recommended in children. Acute Otitis Media: For the recommended dosage regimen of 10mg/kg on Day 1 followed by 5 mg/kg on Days 2–5, the most frequent side effects attributed to treatment were diarrhea/loose stools (2%), abdominal pain (2%), vomiting (1%), and nausea (1%). Community-Acquired Pneumonia: For the recommended dosage regimen of 10 mg/kg on Day 1 followed by 5 mg/kg on Days 2–5, the most frequent side effects attributed to treatment were diarrhea/loose stools (5.8%), abdominal pain, vomiting, and nausea (1.9% each), and rash (1.6%). Pharyngitis/tonsillitis: For the recommended dosage regimen of 12 mg/kg on Days 1–5, the most frequent side effects attributed to treatment were diarrhea/loose stools (6%), vomiting (5%), abdominal pain (3%), nausea (2%), and headache (1%). With either treatment regimen, no other side effects occurred in children treated with ZITHROMAX® with a frequency of greater than 1%. Side effects that occurred with a frequency of 1% or less included the following:

Cardiovascular: Chest pain. **Gastrointestinal:** Dyspepsia, constipation, anorexia, flatulence, and gastritis. **Nervous System:** Headache (otitis media dosage), hyperkinesia, dizziness, agitation, nervousness, insomnia. **General:** Fever, fatigue, malaise. **Allergic:** Rash. **Skin and Appendages:** Pruritus, urticaria. **Special Senses:** Conjunctivitis.

Post-Marketing Experience: Adverse events reported with azithromycin during the post-marketing period in adult and/or pediatric patients for which a causal relationship may not be established include: **Allergic:** Arthralgia, edema, urticaria. **Cardiovascular:** Arrhythmias including ventricular tachycardia. **Gastrointestinal:** Anorexia, constipation, dyspepsia, flatulence, vomiting/diarrhea rarely resulting in dehydration. **General:** Asthenia, paresthesia. **Genitourinary:** Interstitial nephritis and acute renal failure. **Liver/Biliary:** Abnormal liver function including hepatitis and cholestatic jaundice. **Nervous System:** Convulsions. **Skin/Appendages:** Rarely serious skin reactions including erythema multiforme, Stevens Johnson Syndrome, and toxic epidermal necrolysis. **Special Senses:** Hearing disturbances including hearing loss, deafness, and/or tinnitus, rare reports of taste disturbances.

Laboratory Abnormalities: Adults: Significant abnormalities (irrespective of drug relationship) occurring during the clinical trials were reported as follows: with an incidence of 1–2%, elevated serum creatine phosphokinase, potassium, ALT (SGPT), GGT, and AST (SGOT), with an incidence of less than 1%, leukopenia, neutropenia, decreased platelet count, elevated serum alkaline phosphatase, bilirubin, BUN, creatinine, blood glucose, LDH, and phosphate. When follow-up was provided, changes in laboratory tests appeared to be reversible. In multiple-dose clinical trials involving more than 3000 patients, 3 patients discontinued therapy because of treatment-related liver enzyme abnormalities and 1 because of a renal function abnormality. **Children:** Significant abnormalities (irrespective of drug relationship) occurring during clinical trials were all reported at a frequency of less than 1%, but were similar in type to the adult pattern.

DOSAGE AND ADMINISTRATION: Adults: The recommended dose of ZITHROMAX® for the treatment of mild to moderate acute bacterial exacerbations of chronic obstructive pulmonary disease, community-acquired pneumonia of mild severity, pharyngitis/tonsillitis (as second-line therapy), and uncomplicated skin and skin structure infections due to the indicated organisms is: 500 mg as a single dose on the first day followed by 250 mg once daily on days 2 through 5. **ZITHROMAX® tablets can be taken with or without food.** The recommended dose of ZITHROMAX® for the treatment of genital ulcer disease due to *Haemophilus ducreyi* (chancroid), non-gonococcal urethritis and cervicitis due to *C. trachomatis* is: a single 1 gram (1000 mg) dose of ZITHROMAX®. The recommended dose of ZITHROMAX® for the treatment of urethritis and cervicitis due to *Neisseria gonorrhoeae* is a single 2 gram (2000 mg) dose of ZITHROMAX®.

More detailed professional information available on request. Revised January 1997

Pfizer U.S. Pharmaceuticals

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Fitness Matters

continued from page 138

IS YOUR GYM GOOD FOR YOUR HEALTH?

Some health clubs aren't paying much attention to the health of their members.

A study of 110 fitness centers in Massachusetts turned up some disturbing findings:

- Forty percent of the health clubs did not routinely screen new members for health problems by asking some basic health questions.
- Of those fitness centers that did screen new members, 25 percent still let a person with a known heart problem exercise without first receiving a doctor's clearance to do so.
- Eighty percent of them had an emergency medical plan, but half didn't review or practice it.
- There was no consistent health screening among the 25 percent of clubs that offered special programs for the elderly and for people with heart disease.
- In 70 percent of the clubs, at least one emergency requiring an ambulance had occurred in the last five years.

"These findings should serve as a heads-up message to the general public that more health clubs are not prepared for members with health problems," says Kyle McInnis, the study's author, of the University of Massachusetts-Boston.

Before joining a gym, he recommends asking the following questions:

1. Are there staff members who have earned a college degree in an exercise-related field? McInnis says at least one person should be. The study found that no one on staff even had an exercise-related college experience at 10 percent of the health clubs.
2. Does the gym have a set of emergency plans? If so, how often are the plans practiced or reviewed?
3. Does the club require staff certification in administering cardiopulmonary resuscitation (CPR)? All the aerobics and fitness staff should be CPR-certified, says McInnis.

"The answers you get will give you a good idea of the type of club you're joining," he says.





Homework Can Be a Real Pain

Step aside respectfully the next time you see kids walking with book bags slung over their shoulders. The little Schwarzeneggers carry an average of 17 pounds—about the equivalent of two gallons of milk

But the little ones may be hurting. A study of middle school students by David Pascoe of Auburn University found that the majority of kids experienced back and shoulder pain, arm and hand tingling, muscle soreness, numbness, and an unbalanced gait, largely because they carried their bags using only one strap.

Another Pascoe study found that with age comes wisdom. College students not only carry lighter bags—an average 10 pounds lighter than the younger students—but that 60 percent of the men and 80 percent of the women he studied wore both straps. Using two straps made for a balanced pack, which diminished some of the same problems among the young students.

His advice: Try to get your kids to carry only what they need. Have them clean out their book bags regularly and use lockers if possible. Pascoe also recommends that students buy book bags with a waist belt, which, when fastened, puts weight on the hips and relieves pressure on the shoulders.

Finally, convince your child to use both straps, even at the risk of being different. "Apparently if you're young it's not cool to wear two straps," says Pascoe.

And His Name Shall Be Called.



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"Prince of Peace" and "Light of the World" are enlarged to show the impeccable detail. Actual size for each ornament averages 3" high.



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"As with medicine, dosage is key when it comes to alcohol. While one or two drinks may be good for your body, more can do serious harm."



Should You Drink to Your Health?

by Annette Kornblum

Like an apple a day, a glass or two of wine—or even beer or liquor—may help keep the doctor away.

Midlife men and women who drink moderately can help reduce their odds of having a heart attack or ischemic stroke and dying from coronary disease, the nation's leading cause of death.

Studies have shown that light to moderate drinking (defined as one drink a day for women and no more than two drinks a day for men) reduces coronary risk by as much as 50 percent, cuts cholesterol, and helps dissolve plaque in arteries.

But as with medicine, dosage is key when it comes to alcohol. While one or two drinks may be good for the body, more can do serious harm. Up to seven drinks a week may give postmenopausal women some protection against osteoporosis and gallbladder disease by raising their estrogen levels, according to the National Institute on Alcohol Abuse and Alcoholism (NIAAA), the primary federal institute responsible for research on the causes and consequences of alcohol abuse.

"Seven is really a magic number for women—one drink a day or seven drinks a week. It's the upper limit for getting optimal health benefits," says Judith S. Gaveler, director of women's health research at the Oklahoma Medical Research Foundation.

But don't expect your doctor to incorporate alcohol into your heart-healthy regimen along with aspirin, oatmeal, and 30 minutes of exercise. Many doctors view medicinal drinking as an open invitation to abuse.

continued on page 151

Lysol presents

The Healthy Home™ [And How To Build It.]



Laying the Foundation

Do you ever get the feeling you're resident architect, interior decorator and contractor all rolled into one? You could probably write a book on bathroom tile. And let's not even get started on the topic of countertops. When it comes to designing and decorating your house, you're the pro.

But what about keeping your beautiful home healthy? Because you've got to ask yourself, what good are new countertops or floors, if dirt and germs are ready to move right on in?

If you want a home that's as healthy as it is comfortable, you're ready for some advice from the cleaning and disinfection experts who bring you **Lysol®** Brand Products.

At the Heart of Your Home: The Kitchen.

Have you ever noticed how everyone always winds up in the kitchen? Whether it's to cook, eat, or just hang out, there's simply no place with more connotations of home than your kitchen. And there's no place that can be quite as harmful to the health of your family.

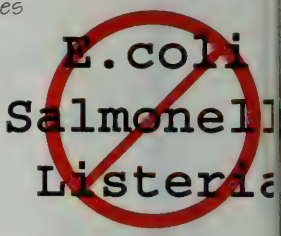
Food poisoning strikes up to 81 million people every year. We love to blame restaurants for food poisoning, but the truth is we are more likely to get food poisoning caused by Salmonella at home. While eating undercooked meat or poultry is the main way to contract food poisoning, there's another way that's often overlooked.

What is cross-contamination?



Cross-contamination, as the experts call it, occurs in the kitchen. This is how it works. You're preparing chicken for dinner. The bacteria on the food are killed in the cooking process, but that doesn't account for what's left behind on your hands, the utensils, or on the cutting board. So if you plan to make a salad next, and any of your fresh ingredients come in contact with those surfaces, they can become contaminated. And so the chances increase that your family may become ill.

Don't underestimate bacteria. Sure, you're thinking, my kitchen looks clean. But is it disinfected? If that sounds extreme, you're underestimating the staying power of the leading causes of food borne illness—such as Salmonella, E.coli and Listeria. These bacteria can be found on hard surfaces for several hours to several days. And many cleaners used in the kitchen don't kill them. One very important exception is EPA-registered **Lysol® Antibacterial Kitchen Cleaner.** It cleans the greasy messes you're likely to find in the kitchen, and kills most of the harmful bacteria you can't detect.



10 easy steps to keep your kitchen (and family) healthy:

1. Always wash your hands before, during and after preparing a meal.
2. Never buy any food with a past expiration date.
3. Refrigerate fresh food to keep it safe and always make sure it's well-wrapped or put into a container to avoid leakage.
4. Freeze meat, poultry and seafood within a couple of days of purchase.
5. Always defrost food in the refrigerator, not on the counter. Warm temperatures promote the growth of bacteria.
6. Make sure all your utensils are clean before you start preparing a meal.
7. Start every recipe by cleaning and disinfecting the counters with **Lysol® Antibacterial Kitchen Cleaner.**
8. Always cook meat, poultry and eggs thoroughly.
9. Run all cutting boards, knives and sponges through the dishwasher when you're done. The extremely high temperatures will kill bacteria on utensils.
10. Spray the garbage pail with **Lysol® Disinfectant Spray** to kill odor-causing germs.

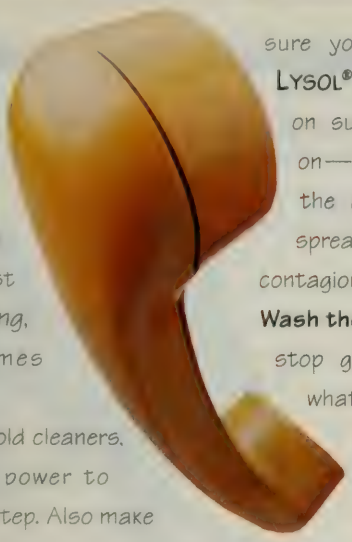


After all, you should enjoy your kitchen as the haven it was designed to be.

Critical Areas. Even the most perfectly laid-out house has its "hot spots." They look innocent enough, but may affect your health. Especially when they harbor germs like rhinovirus, the leading cause of the common cold. Consider the phone handle, or the kitchen faucet. And let's not forget the front doorknob. These are the places everyone comes in contact with, which makes them the perfect crossroads for germs. And the perfect place to regularly use **Lysol® Disinfectant Spray.**



THE HEALTHY HOME™: It's all in the details.



Top interior designers agree: it's the little things that make the difference. Well, when it comes to keeping a home healthy, the same thing applies. The difference between just cleaning and cleaning and disinfecting, takes no extra effort, yet it comes with a payoff.

Choose carefully. Unlike regular household cleaners, LYSOL® Brand Products have the power to disinfect, as well as clean, in one easy step. Also make sure your disinfection arsenal includes **LYSOL® Disinfectant Spray.** Use it regularly on surfaces everyone gets their hands on—doorknobs, phone handles, faucets, the garbage pail—and help stop the spread of the rhinovirus, as well as other contagious germs, dead in their tracks.

Wash those hands! It's one easy way to help stop germs. Because you can't control what their hands bring in from the outside world, but you can help stop the germs from spreading throughout the house.

The Busiest Room in the House: Your Bathroom.

The bathroom—talk about a high-traffic area. It's the one room everyone uses several times every day. It's also the one room that provides the ideal damp environment for bacteria to flourish. No wonder it's the area Americans clean most. Twice a week on average. But how do you know clean also means healthy?

Tips for a healthy bathroom.

No.1 Always use cleaners that both clean and disinfect the specific area of the bathroom. For the bathtub, sink, and countertops, there's **LYSOL® Basin Tub & Tile Cleaner.** It's perfect for tackling problems like stains or soap scum, and killing germs that lead to athlete's foot and even rhinovirus, the cause of the common cold. And for the toilet, there's **LYSOL® Toilet Bowl Cleaner.** It will clean rust stains and mineral deposits, as well as kill germs like Salmonella and E.coli.



No.2 Keep your bathroom ventilated. The less damp stale air, the less chance bacteria get to multiply.

No.3 Make sure towels and washcloths don't end up on the floor, but are hung up to dry. If anything starts to smell musty, that's a red alert that mold and mildew have taken hold.

No.4 Ever had an outbreak of mold and mildew in the grout between tiles? Sure it looks awful, but did you know that mold and mildew are also a common cause of allergies? To clean away these nasty visitors, use **LYSOL® Plus Bleach All Purpose Cleaner.** Once gone, spray your bath, tiles and shower curtain regularly with **LYSOL® Disinfectant Spray.** It'll actually help keep those moldy guests from coming back.

No.5 If there's a nasty white buildup dulling your bathtub, don't fret. That's actually mineral deposits from hard water. To kill the germs that can hide there, and put the sparkle back in your tub, just reach for **LYSOL® Hard Water Stain Cleaner.**

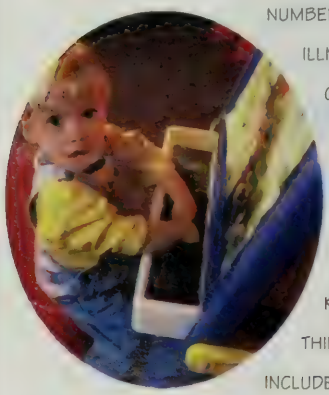
No.6 Keep the toilet cover closed when flushing to prevent germs from dispersing into the air and spreading around the bathroom.

No.7 For quick and easy germ control between cleaning, use **LYSOL® Disinfectant Spray** regularly on all germ-prone surfaces in your bathroom.

Stop Germs from Running Amok in the Family Room

Kids are the culprits. One of the reasons we suffer from more colds in the fall and winter is that our kids are in school, sharing toys, books and germs with each other and with us. That means kids could have 4 to 6 colds a year, even more when they are younger. Which doesn't exactly bode well for your family, does it? The good news is that a recent day care center study* shows **Lysol®** Brand Products can play a role in preventing the spread of germs. In fact, when **Lysol®** Brand Products and frequent hand washing were made part of an infection control program, the number of respiratory illnesses among the day care students was cut by one-third.





Where have those hands been?

You already know that kids love to touch everything. Unfortunately, that includes germs. So the best way to keep your kids healthy and the rest of the family protected to boot is hand washing. It's one easy way to help prevent the cold virus and other germs from travelling.

How to target germs. Just use **Lysol® Disinfectant Spray** regularly in all the play areas of your house. In fact, you should spray all the surfaces your little ones get their hands on — phone handles, doorknobs, refrigerator doors. And you can even spray toys directly, according to label directions. In fact, 2 out of 3 pediatricians** recommend **Lysol® Disinfectant Spray.** So, if your kids do bring home a nasty germ, it hopefully won't spread to everyone else.



The Healthy Home™ is a happy home.

For over 100 years, the cleaning and disinfection experts that bring you **Lysol®** Brand Products have brought you new and better ways to hold dirt and germs at bay. Today they offer you a wide range of products to choose from. That's because they know that different homes, different families and different lifestyles all come with different cleaning and disinfection needs. So your home is the cleanest and healthiest it can be.



Please call 1-800-99-**Lysol®** for additional tips on **The Healthy Home.™**

* "Impact of an infection control program in a specialized preschool." American Journal of Infection Control. June 1996.
** Survey conducted among 200 pediatricians at the American Academy of Pediatrics Convention, Boston, MA, October 1996.

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Drink to Your Health?

continued from page 146

Magic bullet or addict's nightmare? Alcohol's beneficial and harmful effects have appeared in the Bible and in ancient texts from Persia, Egypt, Babylon, and China. But only recently have scientists put two and two drinks together about its contribution to longevity.

They call it the French paradox. In France and other Mediterranean countries, such as Greece and Italy, people dine on plenty of meat, butter, and cheese. The paradox is that these people have the lowest death rates from coronary heart disease in the Western world and suffer only one-third of the heart attacks Americans experience. The French prescription for living a healthy, longer life includes rarely eating a meal without a glass or two of wine.

Excessive drinking, however, can do more to harm than help the liver, heart, and other organs. Studies confirm that too much alcohol can lead to dependence, some cancers, cirrhosis, high blood pressure, hemorrhagic strokes, and diabetes.

"This is not a situation where if a little is good, more is better," warns Dr. Charles H. Hennekens, a Harvard University professor and chief of preventive medicine at Brigham and Women's Hospital in Boston. In the United States, alcohol is second to cigarettes as the leading avoidable cause of death. Heavy drinking triggers car crashes and violence in young people, and cancer, strokes, and heart disease in older people, Dr. Hennekens says.

Women, in fact, become inebriated more easily than men because they have more body fat, less water, and perhaps less alcohol dehydrogenase, the enzyme that metabolizes alcohol. Monthly hormone fluctuations also affect alcohol metabolism and can make blood alcohol content levels leap faster than in men.

To decide if moderate drinking is for you, Dr. Mary C. Dufour, deputy director of the NIAAA, recommends determining if the benefits outweigh the risks or vice versa. If your family has a history of heart or circulatory problems, you may want to have a drink with dinner. But if your family has a strong history of breast cancer, it may be best if you don't drink (see *page 152*). "The view that alcohol is either only beneficial or harmful is too simplistic," says Dr. Dufour.

How much is too much? While few people dispute that heavy drinking is harmful, no one can set a number at which the health benefits turn into a liability. Dr. Carlos A. Camargo Jr., an instructor of medicine at Harvard, says that consuming anything more than one to two drinks a day makes you more prone to disease. A standard drink is a 12-ounce bottle of beer, 5 ounces of wine, or 1.5 ounces of hard liquor.

continued on page 152

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Drink to Your Health?

continued from page 151

It can take just a few months to become physically and emotionally dependent. "We're in the honeymoon phase now about the health benefits of alcohol," says Dr. Barbara J. Mason, director of the Alcohol Disorders Research Unit at the University of Miami School of Medicine. People with risk factors for alcohol abuse may be better off deriving health benefits from diet and exercise rather than daily drinking, she says.

But Dr. Arthur Klatsky, a senior cardiology consultant at Kaiser Permanente Medical Center in Oakland, California, says that while he agrees that nondrinkers should not be indiscriminately advised to drink for their health, concerns about alcohol dependency—especially without a personal or family history of problem drinking—may be exaggerated.

"I'm aware of no evidence which suggests that adults are likely to become abusers after learning that moderate drinking may protect against coronary disease," he says.

The scorecard. Here's the latest research, most of which has been done on people age 50 and older:

• Heart disease. Occasional or moderate drinking dramatically cuts the risk of dying from coronary disease, high blood pressure, ischemic stroke, and gallbladder disease. Alcohol raises the level of HDL cholesterol, which protects against coronary heart disease, according to the Physicians' Health Study at Harvard Medical School—an 11-year study of 22,071 male doctors.

The Harvard study found that men who had only two to four drinks a week had the lowest death from all causes and reduced their mortality from heart disease by 40 percent. Those who had up to six drinks a week lived longer than nondrinkers.

However, those who drank 14 or more drinks upped the cancer death rate by 63 percent over nondrinkers.

• Stroke. Moderate drinking can help reduce the risk of ischemic strokes due to blocked arteries, but raises the prospect of hemorrhagic strokes, caused by bleeding blood vessels in the brain.

Light drinking also may decrease the risk of peripheral vascular disease (PVD) or hardening of the arteries in the legs. This hardening can cause circulatory problems that can trigger a stroke. In the Physicians' Health Study, researchers found significant differences between the doctors who drank and those who didn't. Men who had one to two drinks a day were one-third less likely to develop PVD than those who rarely drank, if at all.

• Breast cancer/estrogen replacement therapy. Women who come from families with a strong history of breast cancer (mother and/or sisters were diagnosed), may want to talk to their doctor about having a drink a day. Several studies have shown that more than two drinks a day may raise your risk of breast cancer. "I would express general concern to anyone with a family history of breast cancer about using alcohol," says Dr. Klatsky.

Alcohol may also have an impact on postmenopausal women who take estrogen. A study in the December 1996 *Journal of the American Medical Association* reported that moderate drinking tripled hormone levels in women taking estrogen.

In the study, 24 women were given estrogen or a placebo. They all drank moderately. Among the women who took estrogen and drank, their level of estradiol—a natural form of estrogen that may be associated with breast cancer—rose more than 300 percent. It was unchanged in women who took the placebo.



What is Moderate Consumption?

Most experts define moderate consumption as one drink a day for women and two drinks a day for men. A standard drink is defined as a 12-ounce bottle of beer, 5 ounces of wine, or 1.5 ounces of hard liquor.

But until more is known, the study's author, Dr. Elizabeth Ginsburg, of Bringham and Women's Hospital, says women on estrogen replacement should stay within the one-drink-a-day limit.

Is wine best? Some scientists believe that wine—not alcohol in general—is what's good for your heart. Substances called phenolic flavonoids in the skin, seeds, and stems of red grapes behave like aspirin and prevent blood from clotting. That can help reduce cardiovascular disease risk by minimizing the artery damage that causes heart disease and stroke.

These natural antioxidants are plentiful in wine after fermentation and are thought to protect the body from the ravages of cholesterol oxidation, says Andrew L. Waterhouse, a chemist at the University of California at Davis. He is testing flavonoids in wine, as well as those found in fruits, vegetables, and tea. Purple grape juice may have the same anticlogging effect as wine, but more research still needs to be done.

Making sense of it all. So how do you decide what's best for you? The National Institutes of Health is funding many new studies on alcohol. In the meantime, if you don't drink now, don't start. Light-to-moderate drinkers should feel secure about maintaining the same patterns. Heavy drinkers should cut back or quit if they can't control how much they drink.

Dr. Klatsky urges patients without a history of problem drinking to have a drink a day and take an aspirin. "It's best to use all the weapons we've got," he says. "If you wait until the research is resolved, we'll all be dead."

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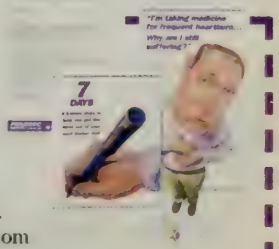
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PRILOSEC®* *(OMEPRAZOLE) Delayed-Release Capsules*

BRIEF SUMMARY

CLINICAL PHARMACOLOGY ***Pharmacokinetics and Metabolism:*** **Omeprazole –** In pharmacokinetic studies of single 20 mg omeprazole doses, an increase in AUC of approximately four-fold was noted in Asian subjects compared to Caucasians. Dose adjustment, particularly where maintenance of healing of erosive esophagitis is indicated, for the hepatically impaired and Asian subjects should be considered.

INDICATIONS AND USAGE ***Duodenal Ulcer:*** PRILOSEC is indicated for short-term treatment of active duodenal ulcer. Most patients heal within 4 weeks. Some patients may require an additional 4 weeks of therapy. PRILOSEC, in combination with clarithromycin, is also indicated for treatment of patients with *H. pylori* infection and active duodenal ulcer to eradicate *H. pylori*. Eradication of *H. pylori* has been shown to reduce the risk of duodenal ulcer recurrence. In patients who fail therapy, susceptibility testing should be done. If resistance to clarithromycin is demonstrated or susceptibility testing is not possible, alternative antimicrobial therapy should be instituted. (See the clarithromycin package insert, MICROBIOLOGY section.) ***Gastric Ulcer:*** PRILOSEC is indicated for short-term treatment (4-8 weeks) of active benign gastric ulcer. ***Treatment of Gastroesophageal Reflux Disease (GERD):*** **Symptomatic GERD –** PRILOSEC is indicated for the treatment of heartburn and other symptoms associated with GERD. **Erosive Esophagitis –** PRILOSEC is indicated for the short-term treatment (4-8 weeks) of erosive esophagitis which has been diagnosed by endoscopy. The efficacy of PRILOSEC used for longer than 8 weeks in these patients has not been established. In the rare instance of a patient not responding to 8 weeks of treatment, it may be helpful to give up to an additional 4 weeks of treatment. If there is recurrence of erosive esophagitis or GERD symptoms (e.g. heartburn), additional 4-8 week courses of omeprazole may be considered. ***Maintenance of Healing of Erosive Esophagitis:*** PRILOSEC is indicated to maintain healing of erosive esophagitis. Controlled studies do not extend beyond 12 months. ***Pathological Hypersecretory Conditions:*** PRILOSEC is indicated for the long-term treatment of pathological hypersecretory conditions (e.g., Zollinger-Ellison syndrome, multiple endocrine adenomas and systemic mastocytosis).

CONTRAINDICATIONS ***Omeprazole:*** PRILOSEC Delayed-Release Capsules are contraindicated in patients with known hypersensitivity to any component of the formulation. ***Clarithromycin:*** Clarithromycin is contraindicated in patients with a known hypersensitivity to any macrolide antibiotic. Concomitant administration of clarithromycin with cisapride, pimozide, or terfenadine is contraindicated. There have been post-marketing reports of drug interactions when clarithromycin and/or erythromycin are co-administered with cisapride, pimozide, or terfenadine resulting in cardiac arrhythmias (QT prolongation, ventricular tachycardia, ventricular fibrillation, and torsades de pointes) most likely due to inhibition of hepatic metabolism of these drugs by erythromycin and clarithromycin. Fatalities have been reported. (Please refer to full prescribing information for clarithromycin before prescribing.)

WARNING: *Clarithromycin:* CLARITHROMYCIN SHOULD NOT BE USED IN PREGNANT WOMEN EXCEPT IN CLINICAL CIRCUMSTANCES WHERE NO ALTERNATIVE THERAPY IS APPROPRIATE. IF PREGNANCY OCCURS WHILE TAKING CLARITHROMYCIN, THE PATIENT SHOULD BE APPRISED OF THE POTENTIAL HAZARD TO THE FETUS. (See WARNINGS in prescribing information for clarithromycin.)

PRECAUTIONS ***General:*** Symptomatic response to therapy with omeprazole does not preclude the presence of gastric malignancy. Atrophic gastritis has been noted occasionally in gastric corpus biopsies from patients treated long-term with omeprazole. ***Information for Patients:*** PRILOSEC Delayed-Release Capsules should be taken before eating. Patients should be cautioned that the PRILOSEC Delayed-Release Capsule should not be opened, chewed or crushed, and should be swallowed whole. ***Drug Interactions:*** **Other –** Omeprazole can prolong the elimination of diazepam, warfarin and phenytoin, drugs that are metabolized by oxidation in the liver. Although in normal subjects no interaction with theophylline or propranolol was found, there have been clinical reports of interaction with other drugs metabolized via the cytochrome P-450 system (e.g., cyclosporine, disulfiram, benzodiazepines). Patients should be monitored to determine if it is necessary to adjust the dosage of these drugs when taken concomitantly with PRILOSEC. Because of its profound and long lasting inhibition of gastric acid secretion, it is theoretically possible that omeprazole may interfere with absorption of drugs where gastric pH is an important determinant of their bioavailability (e.g., ketoconazole, ampicillin esters, and iron salts). In the clinical trials, antacids were used concomitantly with the administration of PRILOSEC. **Combination Therapy with Clarithromycin –** Co-administration of omeprazole and clarithromycin may result in increases in plasma levels of omeprazole, clarithromycin, and 14-hydroxy-clarithromycin. (See CLINICAL PHARMACOLOGY, *Pharmacokinetics: Combination Therapy with Clarithromycin* in full Prescribing Information.) Concomitant administration of clarithromycin with cisapride, pimozide, or terfenadine is contraindicated. There have been reports of an interaction between erythromycin and astemizole resulting in QT prolongation and torsades de pointes. Concomitant administration of erythromycin and astemizole is contraindicated. Because clarithromycin is also metabolized by cytochrome P450, concomitant administration of clarithromycin with astemizole is not recommended. (See also CONTRAINDICATIONS, *Clarithromycin*, above. Please refer to full prescribing information for clarithromycin before prescribing.) ***Carcinogenesis, Mutagenesis, Impairment of Fertility:*** In two 24-month carcinogenicity studies in rats, omeprazole at daily doses of 1.7, 3.4, 13.8, 44.0 and 140.8 mg/kg/day (approximately 4 to 352 times the human dose, based on a patient weight of 50 kg and a human dose of 20 mg) produced gastric ECL cell carcinoids in a dose-related manner in both male and female rats; the incidence of this effect was markedly higher in female rats, which had higher blood levels of omeprazole. Gastric carcinoids seldom occur in the untreated rat. In addition, ECL cell hyperplasia was present in all treated groups of both sexes. In one of these studies, female rats were treated with 13.8 mg/kg/day omeprazole (approximately 35 times the human dose) for 1 year, then followed for an additional year without the drug. No carcinoids were seen in these rats. An increased incidence of treatment-related ECL cell hyperplasia was observed at the end of 1 year (94% treated vs 10% controls). By the second year the difference between treated and control rats was much smaller (46% vs 26%) but still showed more hyperplasia in the treated group. An unusual primary malignant tumor in the stomach was seen in one rat (2%). No similar tumor was seen in male or female rats treated for 2 years. For this strain of rat no similar tumor has been noted historically, but a finding involving only one tumor is difficult to interpret. A 78-week mouse carcinogenicity study of omeprazole did not show increased tumor occurrence, but the study was not conclusive. Omeprazole was not mutagenic in an *in vitro* Ames *Salmonella typhimurium* assay, an *in vitro* mouse lymphoma cell assay and an *in vivo* rat liver DNA damage assay. A mouse micronucleus test at 625 and 6250 times the human dose gave a borderline result, as did an *in vivo* bone marrow chromosome aberration test. A second mouse micronucleus study at 2000 times the human dose, but with different (suboptimal) sampling times, was negative. ***Pregnancy:*** **Omeprazole: Pregnancy Category C –** In rabbits, omeprazole in a dose range of 6.9 to 69.1 mg/kg/day (approximately 17 to 172 times the human dose) produced dose-related increases in embryo-lethality, fetal resorptions and pregnancy disruptions. In rats, dose-related embryo/fetal toxicity and postnatal developmental toxicity were observed in offspring resulting from parents treated with omeprazole 13.8 to 138.0 mg/kg/day (approximately 35 to 345 times the human dose). There are no adequate or well-controlled studies in pregnant women. Sporadic reports have been received of congenital abnormalities occurring in infants born to women who have received omeprazole during pregnancy. Omeprazole should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. **Clarithromycin: Pregnancy Category C –** See WARNING (above) and full prescribing information for clarithromycin before using in pregnant women. ***Nursing Mothers:*** It is not known whether omeprazole is excreted in human milk. In rats, omeprazole administration during late gestation and lactation at doses of 13.8 to 138 mg/kg/day (35 to 345 times the human dose) resulted in decreased weight gain in pups. Because many drugs are excreted in human milk, because of the potential for serious adverse reactions in nursing infants from omeprazole, and because of the potential for tumorigenicity shown for omeprazole in rat carcinogenicity studies, a decision should be made whether to discontinue nursing or discontinue the drug, taking into account the importance of the drug to the mother. ***Pediatric Use:*** Safety and effectiveness in children have not been established.

ADVERSE REACTIONS: In the U.S. clinical trial population of 465 patients (including duodenal ulcer, Zollinger-Ellison syndrome and resistant ulcer patients), the following adverse experiences were reported to occur in 1% or more of patients on therapy with PRILOSEC. Numbers in parentheses indicate percentages of the adverse experiences considered by investigators as possibly, probably, or definitely related to the drug.

	Omeprazole (n=465)	Placebo (n=64)	Ranitidine (n=195)
Headache	6.9 (2.4)	6.3	7.7 (2.6)
Diarrhea	3.0 (1.9)	3.1 (1.6)	2.1 (0.5)
Abdominal Pain	2.4 (0.4)	3.1	2.1
Nausea	2.2 (0.9)	3.1	4.1 (0.5)
URI	1.9	1.6	2.6
Dizziness	1.5 (0.6)	0.0	2.6 (1.0)
Vomiting	1.5 (0.4)	4.7	1.5 (0.5)
Rash	1.5 (1.1)	0.0	0.0
Constipation	1.1 (0.9)	0.0	0.0
Cough	1.1	0.0	1.5
Asthenia	1.1 (0.2)	1.6 (1.6)	1.5 (1.0)
Back Pain	1.1	0.0	0.5

The following adverse reactions which occurred in 1% or more of omeprazole-treated patients have been reported international double-blind, and open-label, clinical trials in which 2,631 patients and subjects received omeprazole.

Incidence of Adverse Experiences ≥ 1% Causal Relationship not Assessed

		Omeprazole (n=2631)	Placebo (n=120)
Body as a Whole, site unspecified	Abdominal pain	5.2	3.3
	Asthenia	1.3	0.8
Digestive System	Constipation	1.5	0.8
	Diarrhea	3.7	2.5
	Flatulence	2.7	5.8
	Nausea	4.0	6.7
	Vomiting	3.2	10.0
	Acid regurgitation	1.9	3.3
Nervous System/Psychiatric	Headache	2.9	2.5

Additional adverse experiences occurring in <1% of patients or subjects in domestic and/or international trials, occurring since the drug was marketed, are shown below within each body system. In many instances, the relationsh to PRILOSEC® (omeprazole) was unclear. *Body As a Whole:* Fever, pain, fatigue, malaise, abdominal swellin *Cardiovascular:* Chest pain or angina, tachycardia, bradycardia, palpitation, elevated blood pressure, peripheral edem *Gastrointestinal:* Pancreatitis (some fatal), anorexia, irritable colon, flatulence, fecal discoloration, esophageal candidias mucosal atrophy of the tongue, dry mouth. During treatment with omeprazole, gastric fundic gland polyps have be noted rarely. These polyps are benign and appear to be reversible when treatment is discontinued. Gastro-duoden carcinoids have been reported in patients with ZE syndrome on long-term treatment with PRILOSEC. This finding believed to be a manifestation of the underlying condition, which is known to be associated with such tumors. *Hepat* Mild and, rarely, marked elevations of liver function tests [ALT (SGPT), AST (SGOT), γ-glutamyl transpeptidase, alkali phosphatase, and bilirubin (jaundice)]. In rare instances, overt liver disease has occurred, including hepatocellul cholestatic, or mixed hepatitis, liver necrosis (some fatal), hepatic failure (some fatal), and hepatic encephalopati *Metabolic/Nutritional:* Hyponatremia, hypoglycemia, weight gain. *Musculoskeletal:* Muscle cramps, myalgia, mus weakness, joint pain, leg pain. *Nervous System/Psychiatric:* Psychic disturbances including depression, aggressio hallucinations, confusion, insomnia, nervousness, tremors, apathy, somnolence, anxiety, dream abnormalities; vertic paresthesia; hemifacial dysesthesia. *Respiratory:* Epistaxis, pharyngeal pain. *Skin:* Rash and, very rarely, cases of seve generalized skin reactions including toxic epidermal necrolysis (TEN; some fatal), Stevens-Johnson syndrome, a erythema multiforme (some severe); skin inflammation, urticaria, angioedema, pruritus, alopecia, dry skin, hyperhidros *Special Senses:* Tinnitus, taste perversion. *Urogenital:* Interstitial nephritis (some with positive rechallenge), urinary tra infection, microscopic pyuria, urinary frequency, elevated serum creatinine, proteinuria, hematuria, glycosuria, testicu pain, gynecomastia. *Hematologic:* Rare instances of pancytopenia, agranulocytosis (some fatal), thrombocytopen neutropenia, anemia, leucocytosis, and hemolytic anemia have been reported. ***Combination Therapy wi Clarithromycin:*** In clinical trials using combination therapy with PRILOSEC and clarithromycin, no adverse experienc peculiar to this drug combination have been observed. Adverse experiences that have occurred have been limited those that have been previously reported with omeprazole or clarithromycin. Adverse experiences observed in controll clinical trials using combination therapy with PRILOSEC and clarithromycin (n=346) which differed from those previou described for omeprazole alone were: Taste perversion (15%), tongue discoloration (2%), rhinitis (2%), pharyngitis (1 and flu syndrome (1%). For more information on clarithromycin, refer to the clarithromycin package insert, ADVER REACTIONS section.

OVERDOSAGE: Rare reports have been received of overdosage with omeprazole. Doses ranged from 320 mg to 9 mg (16-45 times the usual recommended clinical dose). Manifestations were variable, but included confusi drowsiness, blurred vision, tachycardia, nausea, diaphoresis, flushing, headache, and dry mouth. Symptoms we transient, and no serious clinical outcome has been reported. No specific antidote for omeprazole overdosage is know Omeprazole is extensively protein bound and is, therefore, not readily dialyzable. In the event of overdosage, treatm should be symptomatic and supportive.

DOSAGE AND ADMINISTRATION ***Duodenal Ulcer:*** Short-Term Treatment of Active Duodenal Ulcer: The reco mended adult oral dose of PRILOSEC is 20 mg once daily. Most patients heal within 4 weeks. Some patients may requ an additional 4 weeks of therapy. (See INDICATIONS AND USAGE.)

Reduction of the Risk of Duodenal Ulcer Recurrence: Combination Therapy with Clarithromycin

Days 1-14:	Days 15-28:
PRILOSEC 40 mg q.d. (in the morning) plus clarithromycin 500 mg t.i.d.	PRILOSEC 20 mg q.d.

Please refer to clarithromycin full prescribing information for CONTRAINDICATIONS and WARNING, and for informati regarding dosing in elderly and renally impaired patients (PRECAUTIONS: *General*, PRECAUTIONS: *Geriatric Use* a PRECAUTIONS: *Drug Interactions*). ***Gastric Ulcer:*** The recommended adult oral dose is 40 mg once a day for 4 t weeks. (See INDICATIONS AND USAGE, *Gastric Ulcer*.) ***Gastroesophageal Reflux Disease (GERD):*** The reco mended adult oral dose for the treatment of patients with symptomatic GERD and no esophageal lesions is 20 mg d for up to 4 weeks. The recommended adult oral dose for the treatment of patients with erosive esophagitis and acco panying symptoms due to GERD is 20 mg daily for 4 to 8 weeks. (See INDICATIONS AND USAGE.) ***Maintenance Healing of Erosive Esophagitis:*** The recommended adult oral dose is 20 mg daily. ***Pathological Hypersecreto Conditions:*** The dosage of PRILOSEC in patients with pathological hypersecretory conditions varies with the individ patient. The recommended adult oral starting dose is 60 mg once a day. Doses should be adjusted to individual pati needs and should continue for as long as clinically indicated. Doses up to 120 mg t.i.d. have been administered. D dosages of greater than 80 mg should be administered in divided doses. No dosage adjustment is necessary for patie with renal impairment, hepatic dysfunction or for the elderly.

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NOTE: This summary provides important information about PRILOSEC. If you would li more information, ask your doctor or pharmacist to let you read the professional labeling a then discuss it with them.

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It's your future.
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ZOCOR® is the one cholesterol medicine that's actually been proven to help save the lives of people with high cholesterol and heart disease.

Your future is too valuable a thing to risk with **high cholesterol.** If you do something now, you may improve your chances of being there to play your part.

High cholesterol can lead to heart disease (and death). If you've been trying to lower your cholesterol with diet and exercise and still haven't reached your goal, ask your doctor about adding ZOCOR.

More than 3.1 million people around the world have taken ZOCOR. It works by reducing potentially dangerous levels of LDL (bad) cholesterol in the bloodstream. Results can vary, but ZOCOR is the one medicine that's actually been proven to help save the lives of people with high cholesterol and heart disease.

A landmark five-year study among heart disease patients with high cholesterol demonstrated dramatic results for ZOCOR: fewer cardiac procedures, fewer heart attacks, and 42% fewer deaths from heart disease.

ZOCOR is a prescription drug, so you should ask your doctor or health care professional if ZOCOR is right for you. Some people should not take ZOCOR: people with active liver disease or possible liver problems, women who are pregnant, likely to become pregnant, or are nursing, or people who are allergic to any of its ingredients.

Your doctor may perform blood tests to check your liver function before and during treatment with ZOCOR. Be sure to tell your doctor if you experience any unexplained muscle pain or weakness while taking ZOCOR, since this could be a sign of a serious side effect, and be sure to mention any medication you are taking to avoid possible serious drug interactions.

To get your free copy of "Surviving High Cholesterol," call **1-800-214-6998.** Visit our Web site at **http://www.zocor.com**

Please read the next page for a summary of prescribing information and discuss it with your doctor.



Ask your doctor about ZOCOR– the one cholesterol medicine proven to help save lives among people with high cholesterol and heart disease.

- Does my cholesterol level put me at risk?
- Should I consider adding ZOCOR to my diet and exercise plan?
- Could ZOCOR reduce my chances of having a heart attack?
- What are the side effects of ZOCOR?
- What type of results can I expect from ZOCOR?

ZOCOR is indicated as an addition to diet for patients with high cholesterol when diet and exercise are inadequate.

ZOCOR. The cholesterol medicine that helps save lives. MERCK

ZOCOR®
(SIMVASTATIN)

PLEASE READ THIS SUMMARY CAREFULLY, AND THEN ASK YOUR DOCTOR ABOUT ZOCOR. NO ADVERTISEMENT CAN PROVIDE ALL THE INFORMATION NEEDED TO PRESCRIBE A DRUG. THIS ADVERTISEMENT DOES NOT TAKE THE PLACE OF CAREFUL DISCUSSIONS WITH YOUR DOCTOR. ONLY YOUR DOCTOR HAS THE TRAINING TO WEIGH THE RISKS AND BENEFITS OF A PRESCRIPTION DRUG FOR YOU.

USES OF ZOCOR

ZOCOR is a prescription drug that is indicated as an addition to diet for many patients with high cholesterol when diet and exercise are inadequate. For patients with coronary heart disease (CHD) and high cholesterol, ZOCOR is indicated as an addition to diet to reduce the risk of death by reducing coronary death; to reduce the risk of heart attack; and to reduce the risk for undergoing myocardial revascularization procedures (coronary artery bypass grafting and percutaneous transluminal coronary angioplasty).

WHEN ZOCOR SHOULD NOT BE USED

Some people should not take ZOCOR. Discuss this with your doctor.

ZOCOR should not be used by patients who are allergic to any of its ingredients. In addition to the active ingredient simvastatin, each tablet contains the following inactive ingredients: cellulose, lactose, magnesium stearate, iron oxides, talc, titanium dioxide, and starch. Butylated hydroxyanisole is added as a preservative.

Patients with liver problems: ZOCOR should not be used by patients with active liver disease or repeated blood test results indicating possible liver problems. (See WARNINGS.)

Women who are or may become pregnant: Pregnant women should not take ZOCOR because it may harm the fetus. **Women of childbearing age should not take ZOCOR unless it is highly unlikely that they will become pregnant.** If a woman does become pregnant while on ZOCOR, she should stop taking the drug and talk to her doctor at once.

Women who are breast-feeding should not take ZOCOR.

WARNINGS

Liver: About 1% of patients who took ZOCOR in clinical trials developed elevated levels of some liver enzymes. Patients who had these increases usually had no symptoms. Elevated liver enzymes usually returned to normal levels when therapy with ZOCOR was stopped.

Your doctor should perform routine blood tests to check these enzymes before you start treatment with ZOCOR, and periodically thereafter (for example, semiannually) for your first year of treatment or until one year after your last elevation in dose. If your enzyme levels increase, your doctor should order more frequent tests. If your liver enzyme levels remain unusually high, your doctor should discontinue your medication.

Tell your doctor about any liver disease you may have had in the past and about how much alcohol you consume. ZOCOR should be used with caution in patients who consume large amounts of alcohol.

Muscle: Tell your doctor right away if you experience any muscle pain, tenderness, or weakness at any time during treatment with ZOCOR, particularly if you have a fever or if you are generally not feeling well, so your doctor can decide if ZOCOR should be stopped. Some patients may have muscle pain or weakness while taking ZOCOR. Rarely, this can include muscle breakdown resulting in kidney damage. The risk of muscle breakdown is greater in patients taking certain other drugs along with ZOCOR, such as the lipid-lowering drug Lopid* (gemfibrozil), a fibrate; lipid-lowering doses of nicotinic acid (niacin); the antibiotic erythromycin; antifungal drugs that are azole derivatives, such as itraconazole; or drugs that suppress the immune system (called immunosuppressive drugs, such as Sandimmune [cyclosporine]). Therapy with ZOCOR should be temporarily interrupted if you are going to take an azole derivative antifungal medication, such as itraconazole. Patients using ZOCOR along with any of these other drugs should be carefully monitored by their physician. The risk of muscle breakdown is greater in patients with kidney problems or diabetes.**

If you have conditions that can increase your risk of muscle breakdown, which in turn can cause kidney damage, your doctor should temporarily withhold or stop ZOCOR. Such conditions include severe infection, low blood pressure, major surgery, trauma, severe metabolic, endocrine and electrolyte disorders, and uncontrolled seizures. Discuss this with your doctor, who can explain these conditions to you.

Because there are risks in combining therapy with ZOCOR with lipid-lowering doses of nicotinic acid (niacin) or with drugs that suppress the immune system, your doctor should carefully weigh the potential benefits and risks. He or she should also carefully monitor patients for any muscle pain, tenderness, or weakness, particularly during the initial months of therapy and if the dose of either drug is increased. Your doctor may also monitor the level of certain muscle enzymes in your body, but there is no assurance that such monitoring will prevent the occurrence of severe muscle disease.

PRECAUTIONS

Before starting treatment with ZOCOR, try to lower your cholesterol by other methods such as diet, exercise, and weight loss. Ask your doctor about how best to do this. Any other medical problems that can cause high cholesterol should also be treated.

ZOCOR is less effective in patients with the rare disorder known as homozygous familial hypercholesterolemia.

Drug Interactions: Because of possible serious drug interactions, it is important to tell your doctor what other drugs you are taking, including those obtained without a prescription.

ZOCOR® (simvastatin) can interact with Lopid, niacin, erythromycin, certain antifungal drugs, and dr that suppress the immune system (called immunosuppressive drugs, such as Sandimmune). (WARNINGS, Muscle.)

Some patients taking lipid-lowering agents similar to ZOCOR and coumarin anticoagulants (a type of bl thinner) have experienced bleeding and/or increased blood clotting time. Patients taking these medic should have their blood tested before starting therapy with ZOCOR and should continue to be monitor

Endocrine (Hormone) Function: ZOCOR and other drugs in this class may affect the productio certain hormones. Caution should be exercised if a drug used to lower cholesterol levels is administe to patients also receiving other drugs (e.g., ketoconazole, spironolactone, cimetidine) that may decre the levels or activity of hormones. If you are taking any such drugs, tell your doctor.

Central Nervous System Toxicity; Cancer, Mutations, Impairment of Fertility: Like n prescription drugs, ZOCOR was required to be tested on animals before it was marketed for human u Often these tests were designed to achieve higher drug concentrations than humans achieve at rec mended dosing. In some tests, the animals had damage to the nerves in the central nervous system studies of mice with high doses of ZOCOR, the likelihood of certain types of cancerous tumors increas No evidence of mutations of or damage to genetic material has been seen. In one study with ZOC there was decreased fertility in male rats.

Pregnancy: Pregnant women should not take ZOCOR because it may harm the fetus.

Safety in pregnancy has not been established. There have been no reports of birth defects in the child of patients taking ZOCOR. However, in studies with lipid-lowering agents similar to ZOCOR, there h been rare reports of birth defects of the skeleton and digestive system. Therefore, women of childbea age should not take ZOCOR unless it is highly unlikely they will become pregnant. If a woman d become pregnant while taking ZOCOR, she should stop taking the drug and talk to her doctor at once. active ingredient of ZOCOR did not cause birth defects in rats at 6 times the human dose or in rabbi 4 times the human dose.

Nursing Mothers: Drugs taken by nursing mothers may be present in their breast milk. Because of potential for serious adverse reactions in nursing infants, a woman taking ZOCOR should not bre feed. (See WHEN ZOCOR SHOULD NOT BE USED.)

Pediatric Use: ZOCOR is not recommended for children or patients under 20 years of age.

SIDE EFFECTS

Most patients tolerate treatment with ZOCOR well; however, like all prescription drugs, ZOCOR can ca side effects, and some of them can be serious. Side effects that do occur are usually mild and sh lived. Only your doctor can weigh the risks versus the benefits of any prescription drug. In clinical st ies with ZOCOR, less than 1.5% of patients dropped out of the studies because of side effects. In a la long-term study, patients taking ZOCOR experienced similar side effects to those patients taking plac (sugar pills). Some of the side effects that have been reported with ZOCOR or related drugs are li below. This list is not complete. Be sure to ask your doctor about side effects before taking ZOCOR to discuss any side effects that occur.

Digestive System: Constipation, diarrhea, upset stomach, gas, heartburn, stomach pain/cram anorexia, loss of appetite, nausea, inflammation of the pancreas, hepatitis, jaundice, fatty changes in liver, and, rarely, severe liver damage and failure, cirrhosis, and liver cancer.

Muscle, Skeletal: Muscle cramps, aches, pain, and weakness; joint pain; muscle breakdown.

Nervous System: Dizziness, headache, insomnia, tingling, memory loss, damage to nerves caus weakness and/or loss of sensation and/or abnormal sensations, anxiety, depression, tremor, los balance, psychic disturbances.

Skin: Rash, itching, hair loss, dryness, nodules, discoloration.

Eye/Senses: Blurred vision, altered taste sensation, progression of cataracts, eye muscle weaknes

Hypersensitivity (Allergic) Reactions: On rare occasions, a wide variety of symptoms have b reported to occur either alone or together in groups (referred to as a syndrome) that appeared to be ba on allergic-type reactions, which may rarely be fatal. These have included one or more of the follow a severe generalized reaction that may include shortness of breath, wheezing, digestive symptoms, low blood pressure and even shock; an allergic reaction with swelling of the face, lips, tongue an throat with difficulty swallowing or breathing; symptoms mimicking lupus (a disorder in which a pers immune system may attack parts of his or her own body); severe muscle and blood vessel inflammat bruises; various disorders of blood cells (that could result in anemia, infection, or blood clotting pr lems) or abnormal blood tests; inflamed or painful joints; hives; fatigue and weakness; sensitivity to s light; fever, chills; flushing; difficulty breathing; and severe skin disorders that vary from rash to a seri burn-like shedding of skin all over the body, including mucous membranes such as the lining of mouth.

Other: Loss of sexual desire, breast enlargement, impotence.

Laboratory Tests: Liver function test abnormalities including elevated alkaline phosphatase and bil bin; thyroid function abnormalities.

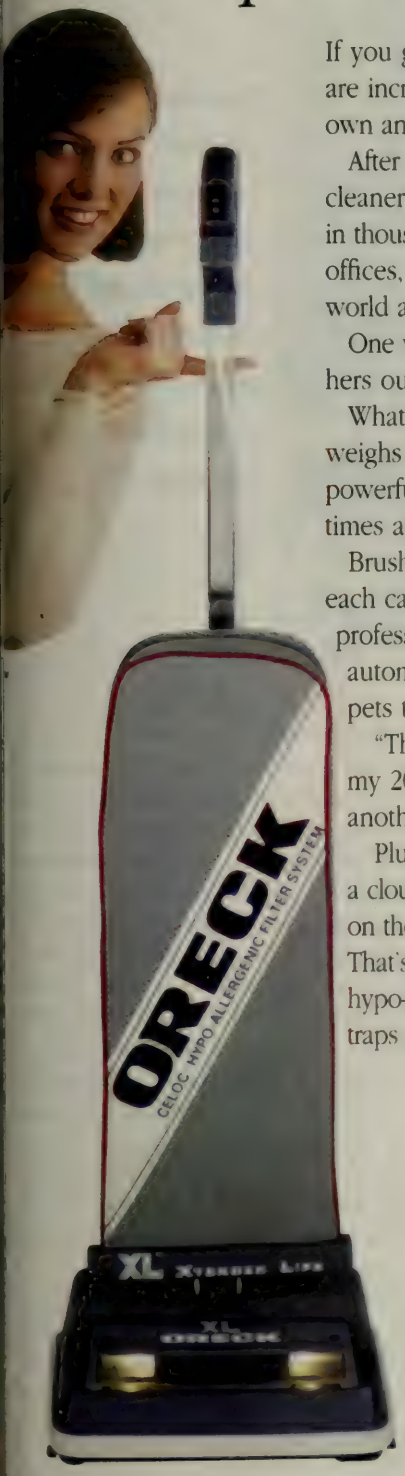
NOTE: This summary provides important information about ZOCOR. If you would l more information, ask your doctor or pharmacist to let you read the professional label and then discuss it with them.

MERCK
West Point, PA 19486

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J7Z019(4

The 8-pound Oreck XL. You Don't Have To Leave It Out For People To Know You Own One.



If you go into a house and the carpets are incredibly spotless, chances are they own an Oreck XL.

After all, the Oreck XL is the vacuum cleaner that keeps the carpets spotless in thousands of the finest luxury hotels, offices, and airports throughout the world and it's taking America by storm.

One woman wrote she actually leaves hers out to impress her neighbors.

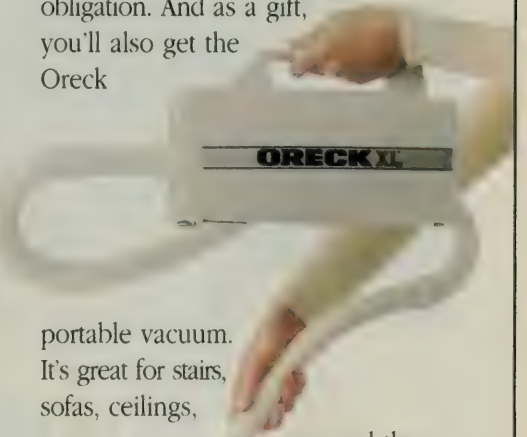
What's all the fuss? The Oreck XL weighs barely 8 pounds, yet it's as powerful as a machine weighing five times as much.

Brushes whirling at 6,500 RPM comb each carpet fiber giving your carpet a professionally groomed look. It even automatically adjusts from thick carpets to bare floors.

"The Oreck XL actually revitalized my 20-year-old carpet," wrote another woman.

Plus, the Oreck XL won't send up a cloud of dust every time you turn it on the way conventional vacuums do. That's because it has a unique Celoc hypo-allergenic filtration system which traps up to 99% of all particles as fine as one micron.

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portable vacuum. It's great for stairs, sofas, ceilings, cars and those hard-to-reach places.



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Or Mail In This Coupon Today 28009

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- ☐ Yes, Please call me to arrange a free 15-day home trial of the Oreck XL.
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To protect against whiplash, head restraints should rise at least as high as the top of your head and be less than 4 inches from the back of your head, as in this Volvo S70.

Saving Your Neck

Auto head restraints—most of us call them headrests—are the Rodney Dangerfield of car safety. They've gotten no respect since a federal mandate first required them in 1969.

Yet neck injuries, which often result in long-term pain and disability, are the most serious type of injury in nearly 40 percent of all car insurance claims, according to the Insurance Research Council. Fraud may exaggerate the number of injuries (some people believe they can turn a minor fender bender into a pile of cash by faking whiplash), but it certainly doesn't erase them.

Head restraints, in theory, can prevent whiplash injuries in low-speed rear-end crashes, but to do their job, the restraints must be well-designed. Most are not.

When a safety research group evaluated 200 passenger cars recently, more than half had poorly designed head restraints. Only five were rated as well-designed. "A sad showing," said Brian O'Neill, president of the Insurance Institute for Highway Safety, which conducted the study. "This issue hasn't been a priority among automakers."

The five vehicles in the study that had good head restraints were the Honda Civic del Sol, the Toyota Supra, the Volvo 850 (now called the S70), the Volvo 960, and the Mercedes-Benz E-class, which has restraints that adjust automatically as the seat position is being adjusted. These highly rated cars share a couple of traits. The tops of their headrests are at least as tall as the tops of occupants' heads. Also, there's a minimal gap—four inches or less—between the back of the head and the front of the restraint. Greater distances are linked with neck injuries, according to the insurance institute.

The study found that dozens of vehicles have restraints that are neither high enough nor close enough to the back of the head to provide protection. The worst offenders are the adjustable ones that ride low and do not lock. If restraints don't lock in place, they can be pushed down by the force of the head when it snaps back during a

continued on page 166

WOMEN ARE MORE LIKELY TO GET HURT

"Women have twice the risk of whiplash injuries," says Dr. David Viano, research scientist at General Motors. "Women drive in situations that expose them to more rear-end collisions." Viano notes that women tend to do more stop-and-go driving as they run errands in downtown traffic. Men are more likely to do long-distance highway driving. Anatomy is another factor. "Women have smaller muscles in the upper body," says Kristina Wiklund, safety development engineer for Swedish automaker Saab. That makes them more vulnerable to the whipping motion in a crash.

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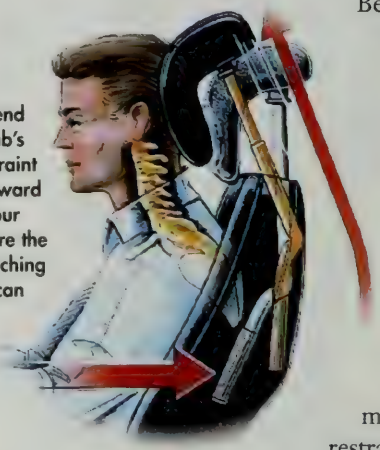
Saving Your Neck

continued from page 164

collision—often resulting in whiplash neck injuries.

The long lack of attention to head restraints by most automakers and consumers may be about to change. Several carmakers are bringing out new systems in their 1997 and 1998 models. Here are some of the leaders in the growing emphasis on saving our necks:

• Saab will introduce an active head restraint system as standard equipment in its next generation of cars, which debuts in the United States in spring 1998 with its new 9-5 (pronounced "nine-five") model. In a collision from the rear, the passenger is pressed into the seat back, and that pressure moves the restraint upward and forward to meet the head before the dangerous whiplash movement starts.



In a rear-end crash, Saab's active restraint moves forward to meet your head before the neck-wrenching whiplash can start.

• While Saab's system is designed to protect in low-speed rear-end collisions, General Motors and Delphi, one of GM's largest parts suppliers, have developed what they call a high-retention seat intended to protect against whiplash in high-speed rear-end collisions. GM believes it will do a better job of keeping you in your seat during a crash. The restraints are higher and closer to your head than in previous GM cars.

These new seats are used in the 1997 Pontiac Grand Prix. The insurance study rated the Grand Prix's head restraints as "marginal" on a scale of "good, acceptable, marginal, and poor." A spokesman said GM does not use the insurance institute's criteria to design its restraints.

• Volvo, which already has one of the best head restraints (now standard in all its models), is building a new seat designed to catch the occupant's upper body and head in a balanced manner, while absorbing the crash impact. The seat will be designed to distribute crash forces evenly along the back and neck to protect the spine.

• Standard equipment on the Mercedes-Benz E-class are the automatically adjusting headrests mentioned previously. Mercedes eventually plans to expand this system to all models.

• Chrysler plans a head restraint locking system in the 1998 Sebring convertible, Neon, and all minivan models.

What to do now. The new restraints and improved seats may take a while to make it into your garage. Until then, start thinking of head restraints as a safety requirement, not just padded headrests. If the restraints on your car are adjustable, make sure they are properly positioned, paying particular attention to the height. When shopping for your next car, sit in your normal driving or riding position and determine whether the restraints reach the top of your head. For a copy of the 1997 ratings of 200 passenger cars, write to Head Restraints, Insurance Institute for Highway Safety, P.O. Box 1420, Arlington, VA 22210-1420. Include your address. No self-addressed, stamped envelope is necessary. You can also find the study on the institute's Internet site at http://www.hwysafety.org.

—by Cheryl Jensen

SAFETY WATCH

Big and Bad

Big vehicles can be dangerous to cars when the two collide. Vans, sport/utility vehicles, and pickups on average weigh 900 pounds more than passenger cars. When a car collides with any of the heavyweights, 80 percent of the fatalities are occupants of the car, according to several studies by the National Highway Traffic Safety Administration. The agency warns that if the size and weight difference between cars and trucks keeps growing, the number of auto deaths and injuries will rise.

Gold Stars for Ford

Ford makes 6 of the 11 vehicles that earned double five-star ratings for protection of both driver and front passenger in federal front-end crash tests. Ford's winners are the Windstar minivan, Mustang convertible, Crown Victoria and Mercury Grand Marquis sedans, and Thunderbird and Cougar two-doors. Other double five-star winners are Chrysler Sebring, Dodge Avenger, Chevrolet Camaro, and Pontiac Firebird, all two-doors, and the Audi A6 four-door sedan.

Cruising the I-Way

For more information on cars, including free price information for buyers, log on to the *Better Homes and Gardens*® Internet site at http://www.bhglive.com.



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Household Hazardous Waste

If half-full cans of oil-based paints are sitting in your basement and years-old lawn chemicals are stacked on your garage shelves, your storage space is a stockpile for household hazardous waste. Get a fresh start by disposing of these potential problems now. If you can't find an immediate use for such products—paints, for example, can often be donated to church or civic groups—call your local public works department to find out the nearest appropriate disposal facility. Many municipalities have cleanup days once or twice a year when they offer convenient drop-off points around the city.

Once you've disposed of unneeded chemicals, save money and effort by buying only what you need. If you do end up with leftovers, have a plan for their immediate use. Share them with a neighbor or dispose of them properly.

Some hazardous household wastes, such as dry-cell batteries and motor oil, require routine replacement. Don't just swap these products out and throw the old away. Look for alternatives. After you dispose of dry cells at a community cleanup event, buy rechargeable batteries. Even if you change your own motor oil, quick-lube shops will often take used oil from any source.

Oil-based paints remain one of the main household hazardous waste concerns, so try out the latest water-based latex paints. They're suitable for almost all applications and they clean up with water, so you won't be needing that turpentine anymore, either. In most cases, you can avoid using paint strippers and varnish removers by using a heat gun and sandpaper instead.

Learn by Osmosis

Shop for a drinking water purification system and you'll probably run across the term reverse osmosis. The process is highly technical, but results are easy to understand. A reverse-osmosis system operates much like other water purifiers, but instead of removing particles that are suspended in water—such as rust or lead—it works at the molecular level, separating H_2O molecules from any dissolved impurities.

Reverse-osmosis systems deliver excellent results, but before you buy, there are a number of drawbacks you should consider.

First, the systems are expensive, costing hundreds of dollars and often requiring professional installation. Second, reverse osmosis is an inefficient process. It takes several gallons of water to produce one gallon of pure water. Finally, these systems are bulky, and if you want to install one under your kitchen sink you'll have to sacrifice the base cabinet below.



Recycled Car Parts

We may call them junkyards, but perhaps we should think of them as automotive recycling centers. When it comes time to find replacement parts for your car, you can save money and do the environment a favor by checking out the salvage yard. It's usually a safe bet to buy simple parts from junk cars. For more sophisticated under-the-hood necessities, ask your mechanic about remanufactured parts; alternators, water pumps, and even whole engines have moving pieces that wear out before their sturdy housings. These housings can be reused, the moving parts can be replaced, and you can expect to pay 25 to 50 percent less for them. Some things, however, are best bought new. Stay away from used parts that need precision tuning or that cost little to buy but require expensive, labor-intensive installation.

IF YOUR PROBLEM IS HERE



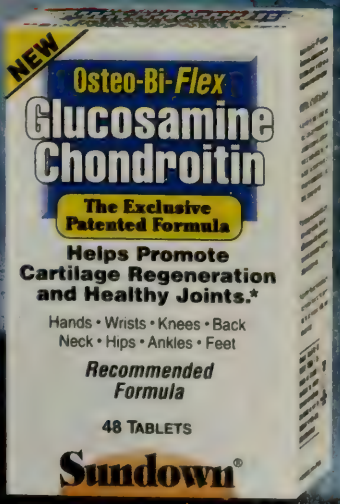


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gardener's almanac

OCTOBER 1997

by Craig Summers Black and Mark Kane



The Japanese snowbell blooms later than most ornamental trees, making it quite the centerpiece as summer nears.

EDITOR'S CHOICE

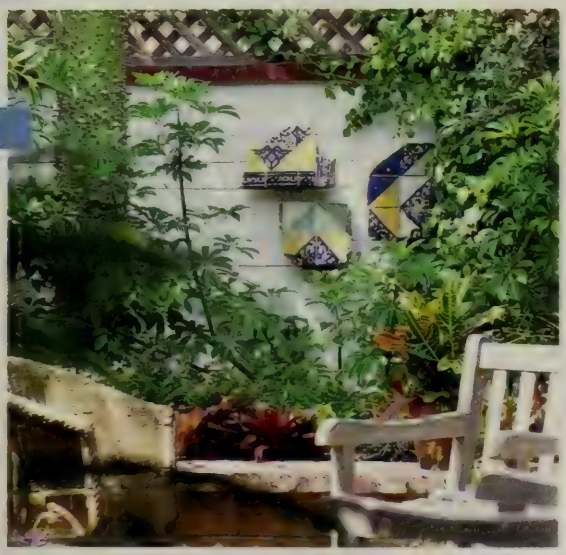
A Real Bell Ringer. Here's an ornamental tree to ring your chimes. The Japanese snowbell (*Styrax japonica*) is a graceful small tree strewn with waxy white flowers in May or June. The fragrant blossoms actually hang down and away from the leaves, so they are quite visible. They are especially remarkable when viewed from below, so you might want to put a bench under yours. This horizontal-branching tree does not throw a deep shade, so you can garden under it rather easily. Another bonus: It can take some shade. While not especially hardy (to 15 degrees below zero), it is just about free of all diseases and pests.

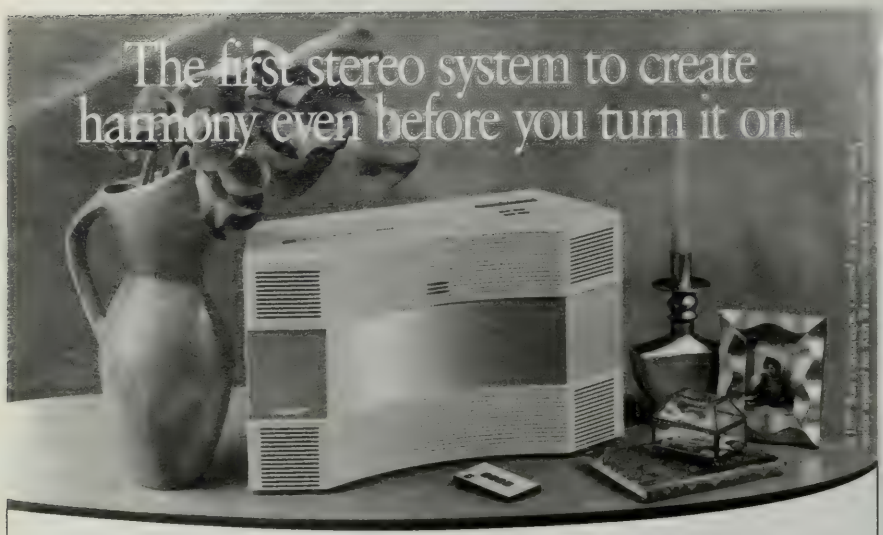
SMART GARDENING

A Landscaper's Tile Tales

Scott Sandel is a collector as well as a landscape architect, and he knows a thing or two about personalizing a garden and saving money. When Scott picked up fragments of antique Mexican tile, he decided to display them throughout his San Diego garden. He placed wrought-iron brackets all along his fences and walls. The tiles can slip in and out easily, should he decide to put up some other found art. Says Scott, "The brackets cost more than the tiles."

continued on page 172





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gardener's almanac

continued from page 171

PAWPAW CENTRAL

More Good News From the Patch

The pawpaw tree continues to amaze us.

• Despite a battery of information telling gardeners never ever to attempt planting bare-root trees, we



did just that this spring. The success rate: 100 percent. A lone fall planting of a potted tree succeeded, too, even though winter hit 25 below.

• Although the tree is nearly pest-free, it does draw the zebra swallowtail butterfly, a plus in our book.

• Pawpaws are high in vitamin C, potassium, iron, and manganese. They contain these nutrients in the same or greater quantities than is found in bananas, apples, or oranges.

Check out the slew of pawpaw info (even recipes) at *BH&G*'s Internet site: http://www.bhglive.com.

continued on page 174



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continued from page 172

LOOKING GOOD

Reading, 'Riting, and Rutabagas

The kids at Del Mar Hills School in California learn principles of science, health, and math in the garden—their school garden. "Kids who are rather quiet in the classroom come alive out here," says teacher Cecelia McPhee. "And it's one thing to talk about garden pests in the classroom, but when they enter the garden and see their lettuce chewed to pieces, it makes an immediate impression."





John Fuller and Lauren Burke display some class projects (*far left*). Most crops are grown in moisture-retentive raised beds (*near left*).



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Amber Waves and Starbursts

The pompon explosions of Stars-of-Persia (*Allium Christophii*) and the breezy, lax leaves of Mexican feather grass (*Stipa tenuissima*) show how form and texture can provide high drama in the garden even when color does not. The allium, a hardy ornamental onion, blooms in late spring—10-inch flower balls in silver and lavender 2½ feet off the ground. The ornamental grass, sometimes called Texas needle grass, has flowering stems that divide again and again, to a hairlike fineness. As the season progresses, both plants take on a gold (or beige, if you are a shade less romantic) glow.

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TEST GARDEN TIP

Splitting the Lily

BH&G Test Gardener Andy Rocchia recommends dividing daylilies in the fall every three years. "They get too thick and don't flower well and need to be divided to produce well again," he says. When Andy lifts the entire plant to divide and replant elsewhere, he likes to use two spading forks (*right*) instead of one spade.

Another method he recommends: Leave part of the plant in the ground and use a spade to separate and lift only a section of it. "The advantage of this technique is you will get some bloom the same year because you leave the mother clump alone. And it's a lot easier if you have a bad back or can't lift the weight of the entire root ball."









SHORT DIVISION

1 **After lifting the root ball, place it on a tarp or plastic bag. Put your spading forks back to back in the center of the plant, punch in, and lever apart.**

2 **Using smaller tools—a hand trowel fork and a hand weeding tool—separate the halves even further. At this point, you might use a hunting knife or small saw instead.**

3 **The division of Stella de Oro on the left "is the size you would get if purchased at a nursery for about $3 apiece," says Test Gardener Andy Rocchia. He normally makes his divisions a little larger, the size of the clump on the right. Either way, you get free plants.**

Buying information, page 280

UPDATE

• **HEIRLOOM SEEDS:** The Seed Savers Exchange, renowned for their efforts in preserving heirloom and curio vegetables, fruits, flowers, and herbs, now has a catalog of sorts. Offerings include Small Shining Light watermelon, Mexico Midget tomato, and Grandpa Ott's morning glory. Call 319/382-5990. Or, you may join the society for $19 and help further the cause of biodiversity.

• **TREND-SPOTTING:** One of the largest garden concerns has hopped on the heirloom bandwagon. Burpee has produced a handsome antique-looking catalog of heirloom seeds that offers six-pack seedlings of, for example, Pruden's Purple, Mortgage Lifter, and the pink, red, *and* yellow Brandywine tomatoes. Call 800/888-1447.

• **CONCRETE IDEAS:** Maybe it's just our contrarian nature, but we cringe every time we see "experts" advise gardeners to build retaining walls with hunks of broken concrete. Seems to us that no matter how you stack it, it still looks like broken concrete.

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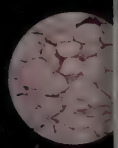
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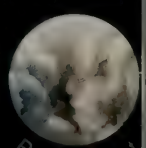
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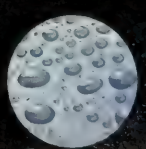
Dead cells



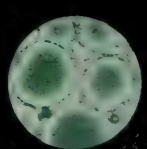
Live cells



Bus exhaust



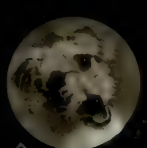
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CETAPHIL. THE SMARTEST THING YOU CAN DO FOR YOUR SKIN.



by Craig Summers Black

Sometimes winter lasts too long. OK, maybe more than sometimes. Maybe every time. One way to cut into the inevitable monochrome is to plant as many of the small (and, unfortunately, lesser-known) bulbs as you can. They bloom *quite* early, sometimes foisting bursts of color up through the snow.

Early *to* Rise



◀ Chionodoxa

These charming little stars are sometimes called glory of the snow. They naturalize wonderfully. You might even try them in your lawn, or you can layer them under large bulbs.

Left alone, chionodoxa colonizes readily, multiplying and flowering year after year. For a casual look, mix it with muscari or scilla, as under this Cornelian cherry (*above*).

continued on page 180
To order bulbs, see page 172

Early *to* Rise

continued from page 179



◀ Leucojum

References to snow are common in small-bulb nomenclature, a testament to the proximity of the plant and the precipitation. The common name for leucojum is snowflake. Its nodding bells are fragrant, looking for all the world like dainty skirts edged in green embroidery. Or, maybe they look to you like oversize lily of the valley.

Galanthus

Here's the Seward again: Galanthus is commonly referred to as snowdrop. It is extremely hardy, withstanding colder temperatures than you would ever care to experience. It also can take a little shade and dampness. In flower beds, try them up front with early-blooming eranthis or crocus. Or, put them in the woodland garden or rock garden.



◀ Anemone

The daisylike blooms of *Anemone blanda*, or Grecian windflower, also come in colors besides white, from dark blue to rosy pink. The blossoms open in sunlight and close at night or when the sky gets cloudy. Anemones aren't all that hardy, going kaput if it gets much colder than 15 below.

These small, early-blooming bulbs have several things in common: They need next to no care. Left to themselves they multiply like the dickens. They're at home both in grand sweeps in meadows and woodlands or in little pockets of rock gardens. They make good border fronts, underplantings, or transitional areas. And they are most appreciated where they can be seen with ease, say on the hurried path from the garage or street to the house, where they are silent, but colorful, testimony to the inevitability of spring.

continued on page 182

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Early *to* Rise

continued from page 180



Fritillaria

Fritillaria meleagris, or Guinea hen flower, is easily identified by its hanging egg-sized head and checkerboard petals. The color varies wildly, from reddish-purple to greenish-white. Another striking small, early fritillaria is *michailovsky*. Its tiny, bell-shaped flower varies in color from dark purple to milk chocolate with a band of brassy yellow on the flared edges of its petals.

continued on page 184

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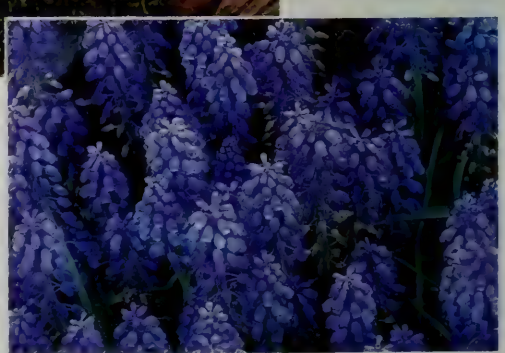
Early *to* Rise

continued from page 182

◀ Muscari

If you've been at all hesitant about planting bulbs, here's a no-fail place to start. Anybody can grow muscari, or grape hyacinth. Unless you plant it in darkest shade under flooded conditions, it will positively thrive. And it will smell great, too.

Like all of these small bulbs, grape hyacinth (*below*) benefits by planting in masses. A hundred is not too many, and in this case, 100 bulbs will cost about the same as one good-size perennial. An aside: Lax, floppy foliage is to be expected.



Planting bulbs this small—a fall undertaking—can take some doing. Don't even try to dig separate holes for each little bulb. You'll go nuts, and the bulbs will be planted too far apart.

Option 1: You can poke holes in the ground with a dowel, iron rod, or dibble and drop bulbs down the chute. Then either squish the dirt back together with your foot or throw some topsoil in the vicinity. Option 2: Excavate the planting area to the appropriate depth and set the dirt aside, perhaps on a tarp or in a bucket. Throw down a bunch of bulbs and then toss the dirt back on top. Come spring, you and they will glow. ⌂

Buying information, page 280

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If estrogen is the answer,

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There's no question your body makes less natural estrogen after menopause. 80% less, in fact. And because estrogen does some good things for your body, losing it can mean problems.

Like rising cholesterol. Estrogen helps keep your cholesterol low. So after menopause, your cholesterol can rise quickly. Left unchecked, high cholesterol can increase your chances of a heart attack or stroke.

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So what's the answer? Many doctors prescribe estrogen replacements to help keep bones strong and cholesterol low. But estrogen replacements also raise a lot of questions. Many women don't like estrogen's potential side effects, which can include irregular bleeding, spotting, bloating, breast tenderness, and

why are there so many questions?

migraines. And many women have serious concerns about a possible link between estrogen replacements and cancer.

Right now, it's a decision each woman has to make with the help of her doctor. But research is ongoing to find new choices for women who want to stay strong and vital in the years after menopause. At the Lilly Center for Women's Health, we're monitoring the situation. For the latest information on postmenopausal health, call toll-free **1-888-WMN-HLTH.** Because there is life after menopause.



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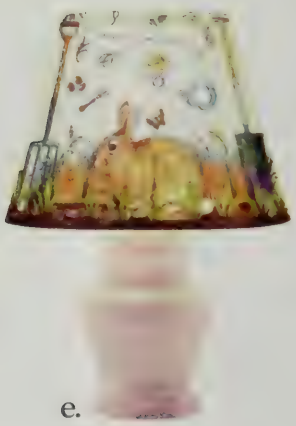
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by Craig Summers Black and Mark Kane



To hear them tell it, Charles Goldstein and Candice Devey don't have time to garden. They work six days a week in the family hardware store. And their house… It's been a 10-year project—so far. But when they decided to renovate, they tackled both inside *and* out. In no time, they taught themselves how a sledgehammer can come into play in the garden. And they learned how to play with plants.

the Sunday *garden*

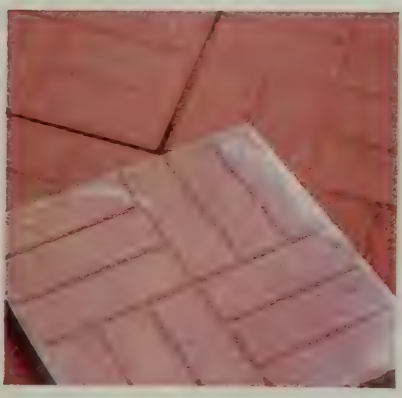


Concrete pavers lead through the arbor entry to the side yard (*above*). Silvery lamb's ears line the path, softening hard edges. Fragrant roses peer over the furry coverings of their feet.

The arbor in the back-yard (*above right*) mirrors its side-yard twin. The lattice is purchased in stock sizes and grafted onto the solid sections, providing privacy, air circulation, and hints of a view.



Charles and Candice were faced with a landscape of bad plantings and no plantings. Foundation shrubs were long past overgrown. "There was a hemlock right up against the sunroom," says Candice. "Great sunroom—but there was no light coming in." Paths were mostly concrete runways. The plantings were almost all in straight lines, too. Trees? A paltry few. The solution: "We ripped everything out. When we were done it was totally barren."



The couple didn't like the pale, washed-out look of concrete pavers *(left, foreground)* so they painted on concrete dye to make the material look more bricklike *(background)*. "The dye is available in many colors," says Candice. "And it ages quite nicely."



the Sunday garden

A mystery tree sprang from rootstock of a neighbor's planting (*above*). It was pruned to open its canopy and allow sun to plantings, and people, below.

The backyard was a disaster. "It didn't look like it had been attended to in years," says Candice. "The pond was filled with corrugated roofing, pipes, wood…" Her voice trails off. "There was an old stone barbecue pit that was falling down. We knocked it apart, and I used most of the stone in the rock garden."

The rock garden became a terrace—a welcome bit of level ground in a downhill garden. "The whole yard sloped. So I dug out an area, did the rocks, and threw the extra dirt on the uphill side to level this a little bit."

Charles and Candice recycled bricks as well. When they removed a long-dead chimney in the house, they cleaned up the bricks and used them as edging for their flower borders. They recycled ideas too, cribbing designs from a pricey fence catalog, and building the stained (not painted) white lattice fence themselves.

Candice's first try at the back border fizzled. It looked shallow, she thought, but was actually too deep to care for without stepping amid the plants. "So I pulled it all out, made it even deeper, and installed a path down the middle."





This narrow path (*right*) bisects the mixed border along the back fence. The walk, invisible from the house, provides access when working in the garden.



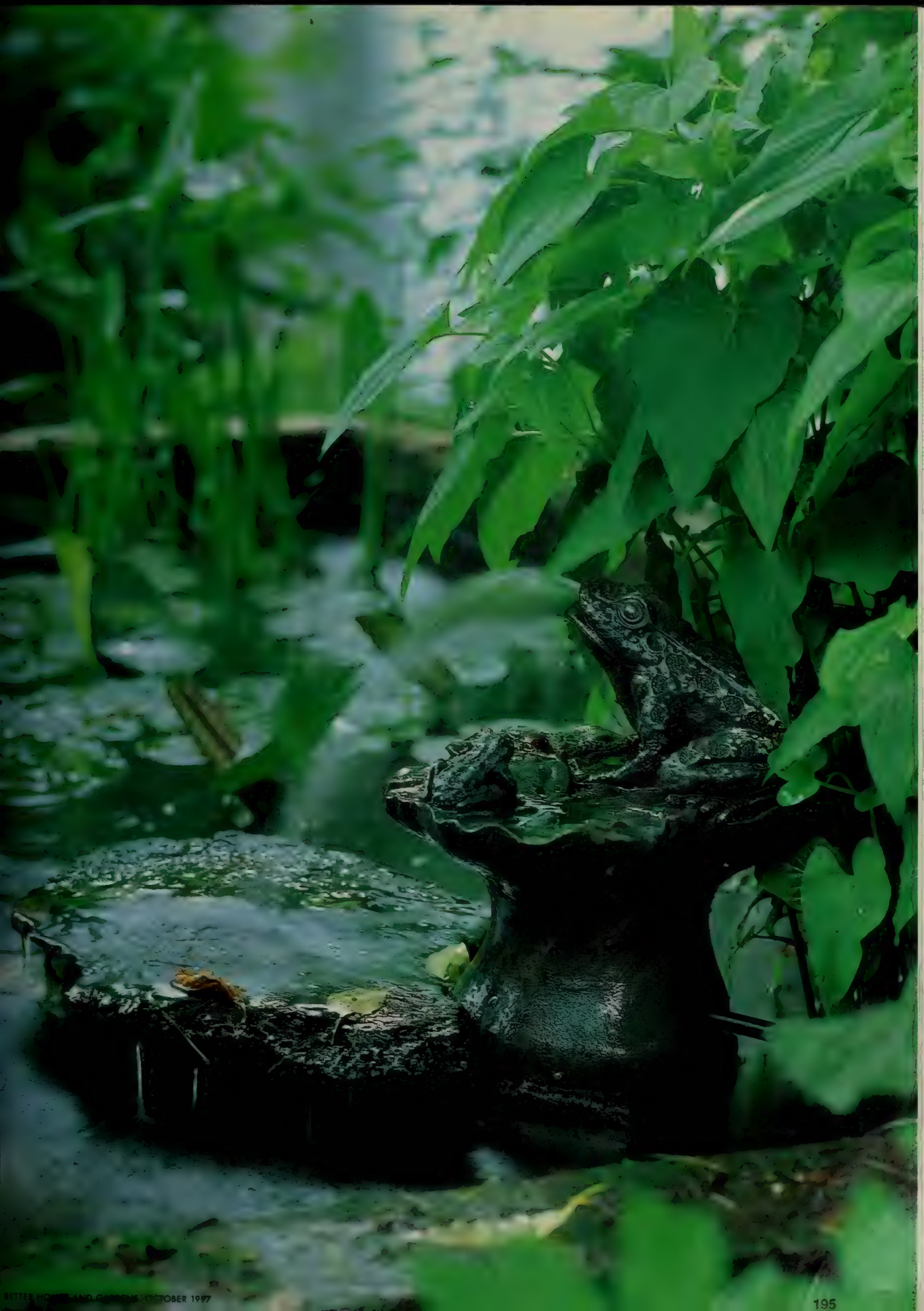
The pond was not really a pond when the couple first approached it. It was an 18-inch-deep dump, full of years and years of decaying leaves and building debris. With little hope of salvaging this concrete pool, the couple excavated the muck and was surprised to discover the pond was sound—all 5×8 feet of it. No leaks. Hey, the drain even worked.

They added brick coping, continuing the brick theme of their garden, and put in pumps for a filter and fountain. Then came plants and fish, which live year-round in their new gurgling home.

The raised pond now anchors one end of the backyard border, a formal element in an informal setting, sharp corners in a flowing environment.

Although the pond is only 400 gallons, the family fish do overwinter there. On the few occasions when the water movement of the fountain fails to keep the pond from freezing over, Charles and Candice break up the ice themselves.

Hardy water lilies are frost-tolerant perennials, many capable of weathering minus 30 degrees. Plants generally float on the surface, blooming most of the summer. Each flower lasts three or four days, opening in morning, closing in the afternoon.





Brick terracing replaces a concrete sidewalk that split the yard in two. The hard, geometrical appearance of the brick retaining walls is softened and reduced in mass by spillover plantings such as ivy and juniper.

the Sunday *garden*

Charles got more than enough experience with a sledgehammer when he took out the crumbling walkway that ran ramrod-straight from the sidewalk to the front door. The couple replaced it with a more convenient brick stairstep of zigzag landings and planting pockets that now connects the driveway to the front door. This redirection created one wide sweep of front yard, instead of two small plots—another opportunity for flowers.

"The yard was wide-open to the sidewalk," says Candice. "I knew I wanted something out there, something to flower." The answer: roses. "The roses are street-friendly. I didn't want the yard to get walled off. I didn't want my house to have massive hedges that say, 'Do Not Enter.' "



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the Sunday *garden*



This 75×120-foot lot in Waterbury, Connecticut, is now a real garden. The angles are softened. The paths and walks go where they are needed. There is privacy, and there is openness. There was one sticking point, however, and it was in the smallest of the couples' gardening spaces—the side yard.

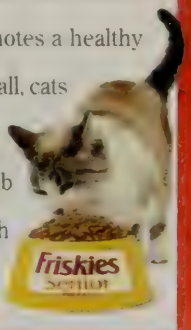
"I just kept changing it and changing it," Candice says. "I thought it would be an annual bed at first. Now I'm starting to get happier with it. It's a mix: tulips and daffodils for spring, salvias, a beautiful yellow tree peony, *Dicentra* Luxuriant, miniature hollyhocks. The iris is the one thing that was here already. I don't think they even showed their heads the first summer. They have the sweetest scent, just incredible. When I divided them, I put some near the gate and some near the front door so you can catch the fragrance." Even on a busy day.

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LOVE YOUR WOOD.



a house reborn

by Joseph Boehm and Sharon Overton



Anyone who has loved a home and left it, even for a short trip, probably has experienced that moment of panic upon returning: What if something has happened to my house while I was away? What if everything I owned was suddenly gone?

Two years ago, John and Millie Porpora learned the hard answers to those questions. An electrical fire destroyed their New Jersey home, leaving them unscathed but much wiser. The Porporas used the tragedy as an opportunity to rethink the very idea of "home," everything from creating a simpler, better floor plan to rebuilding memories, one at a time. What they learned through their experience could help other families recover from such a devastating loss.





cozy & refined

John Porpora was at a business meeting 2,000 miles away when he suddenly got an overwhelming urge to go home. By the time he arrived, fire trucks blocked the street. An improperly installed light fixture had started a fire that had spread quickly through his 1917 Dutch Colonial. It took much longer for the totality of the loss to sink in.

"We went from a house we'd worked on for 20 years to having 12 grocery bags of stuff trying to figure out where to live," he says. "Early in the process, we thought we'd be able to save some things. Before we knew it, we were emptying the house into dumpsters."

While nothing could replace the home they'd lost, the Porporas soon realized that starting over presented some positive opportunities. Their lives had changed in the 20 years since they'd bought their home, but the house mostly hadn't kept pace. "We realized that the house now needed to live differently," John says. Without changing the original footprint of the structure, they decided to redesign the spaces to suit the more casual, comfortable way they wanted to live.



A mix of wood finishes and richly textured fabrics, plus a more casual, away-from-the-walls grouping, gives the living room (*left*) a friendlier feeling than the once-formal arrangement (*inset*). A redesigned, white-painted fireplace becomes the room's focal point.



Since most of the Porporas' furniture was destroyed in the fire, along with photographs and other memorabilia, they faced the task of creating rooms that were warm and personal but almost entirely new. Starting with a few classically styled pieces, such as the round library table, *right*, they added other furnishings and accessories that are elegant but not hands-off formal. For instance, an art deco chandelier that once belonged to John's grandfather became the centerpiece of an inviting window nook in the living room. Wood blinds and loosely draped swags enhance the room's slightly retro feel.

The fire also freed the Porporas to take a few decorating risks, Millie says, such as a grass-cloth wall covering with an airy stenciled border, *above*, which gave the walls texture and soft color. "I felt, 'Gee, I've been through a lot. I don't want to do what I usually would do.' To tell you the truth, I wanted something that was totally *not* me."

classic & soft

Pillows plump the living room window seat, a special request from the Porporas' daughter.







Sheer, vine-patterned curtain panels soften the vertical lines of wood blinds.

The Porporas wanted to preserve their home's traditional character downstairs. But upstairs, they dreamed of brighter open spaces. By eliminating the Dutch roof and cantilevering the new second floor dormers, they added several feet to the bedrooms. In the master bedroom, *left*, light floods in from the new vaulted ceiling, which was inspired by country homes they had visited in Vermont. The result is a room that "makes you feel like you're on vacation," John says. "I love lying in bed at night looking at the stars."

bright & airy



The Porporas replaced their dark-stained oak canopy bed (*above*) with a lighter, airier version in wrought iron (*left*).







With one daughter, Amy, in college and another, Lisa, in high school, the Porporas realized their old four-bedroom floor plan no longer made as much sense. In the new design, a rarely used second-floor guest bedroom has become a casual sitting area, complete with a sleeper sofa that can be called into duty if an extra bed is needed. Sunny yellow walls and comfortable striped upholstery make it a favorite spot for quiet reading or study. The staircase leads to a sunny loft studio carved out of the attic, where John keeps his painting supplies and computer. While the Porporas lost storage space in the conversion, they gained the realization that they could live with a lot less clutter in their lives, says John.

The Porporas squeezed the most out of every inch of space, including tucking new storage under the loft staircase (*left*). In the studio (*above*), an old hardware chest that survived the fire unscathed holds paint supplies.

reborn





The Porporas eliminated French doors and added matching cabinetry to better connect the breakfast nook (*above*) to the rest of the kitchen.

Angling the cooktop in a corner helped ease the flow of the kitchen (*above*). In the old arrangement (*right*), ovens awkwardly hugged a corner wall.



Nearly two years after the fire, the Porporas are well into the process of "creating new memories in a new house," John says. "For us the old house is gone. This happens to be a new house at the old address."

Still, there are times when the new seems comfortingly familiar, such as touching the old banister rail, which miraculously escaped serious harm. "You get flashbacks," Millie says. "Like when you're looking for something and in your mind you get a flash of where it is but that place no longer exists."

Millie often feels uneasy leaving the house, "not knowing what I'll come home to." But the fire has given them a new appreciation for home. Says John: "I never go to bed without thinking, 'I'll never take any of this for granted.' " ⌂

Buying information, page 280

MAKING SURE YOUR HOME IS COVERED IN CASE OF FIRE

After the fire that destroyed their home, the Porporas experienced a second trauma: 14 months of haggling with insurance adjusters. Though they eventually settled the claim satisfactorily, they learned some valuable lessons:

- Keep an inventory of everything in your house, advises John, an executive with a major insurance company (not the one that insured his home). "Get a video camera and have a friend walk through the house with you." Poke into closets, drawers, and boxes. And don't forget the attic and basement.
- Keep receipts of all your major purchases. Or better yet, charge them to a credit card. Even if you lose the receipts, many credit card companies will give you a record of your expenditures as far as 10 years back.
- Review your policy to make sure high-ticket items such as computers, stereos, art, and jewelry are fully covered. Many "full replacement" policies pay only a flat amount for such items.
- Also, check local building codes. Older homes especially may need significant updates to be in compliance.
- Don't assume the adjuster's estimate is fair; hire your own expert.

PHOTOGRAPHS: JENNIFER LEVY, INTERIOR DESIGN: CHARLES RILEY





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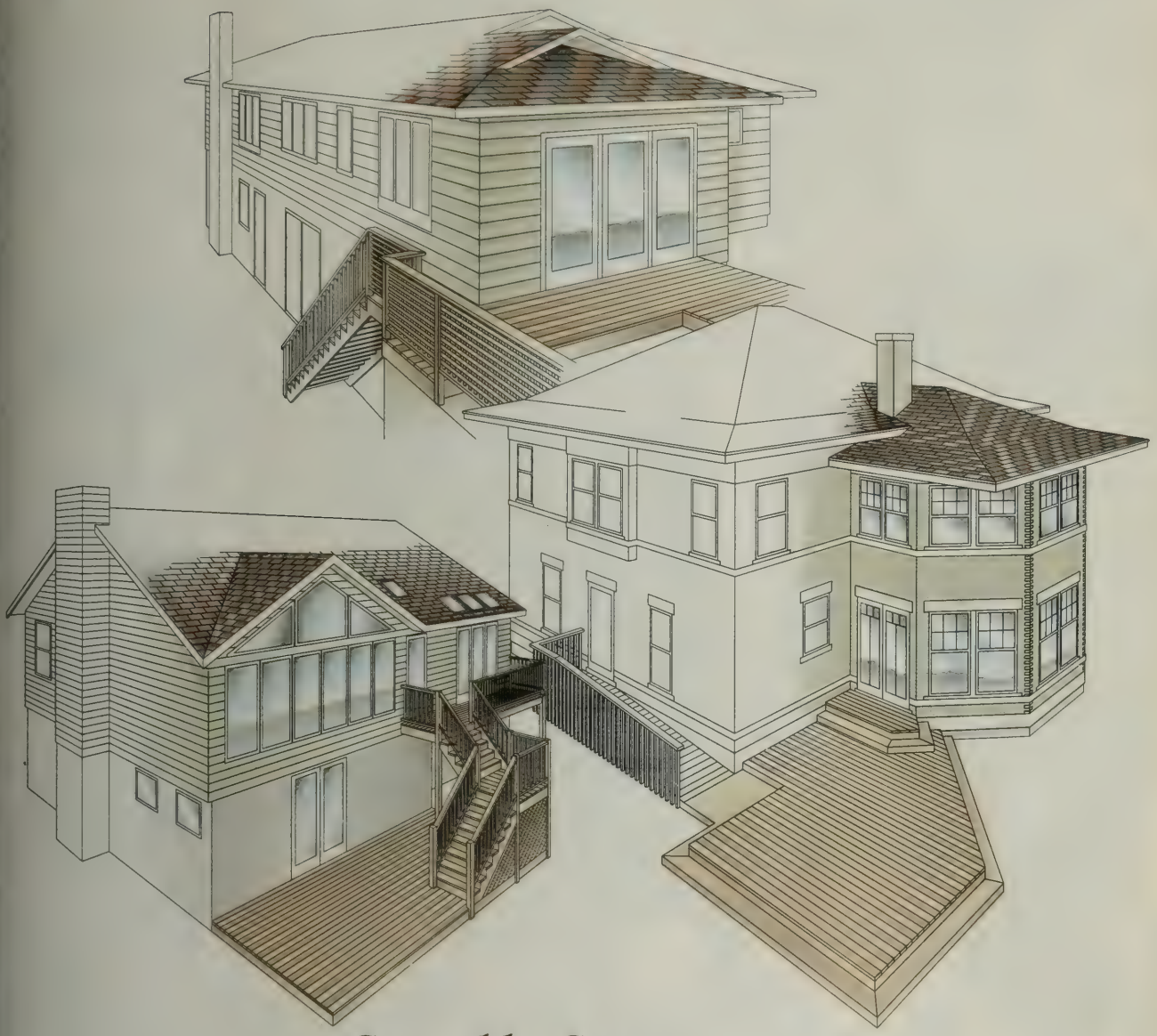
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At exactly which point in our lives did a long, hot bath go from being the ultimate punishment to the ultimate reward?

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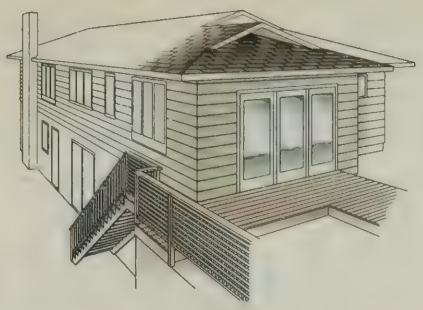


Small-Space Additions

Bump it. Nudge it. Stretch it. When rearranging the furniture just won't do and relocating is not an option, it's time to add on—or up. Additions are usually big projects, but they don't have to involve big spaces. Here's how three families added only the space they needed while remaining true to the character of the homes they love.

by Steven Mumford





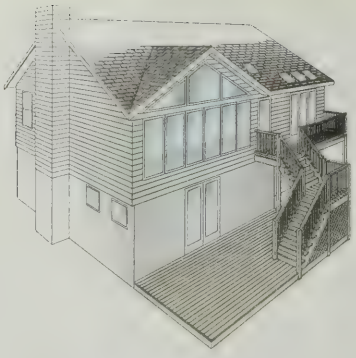
Bump Out
the bedroom

This once-cramped master bedroom needed some breathing space. A bathroom and closet lined the exterior wall, choking off the view and putting the squeeze on the remaining room. By rearranging the layout and nudging the wall just three and a half feet, homeowners Trish and Steve McMahon were able to fix these flaws and give the home room to breathe.

Dual sliding doors now open the room to the outside where a private deck and gazebo-covered spa extend the new living space. Inside, there's room for Trish's antique heirloom settee.

A gable that matches the pitch of the existing roof keeps the exterior consistent with the 1960s ranch-style home.





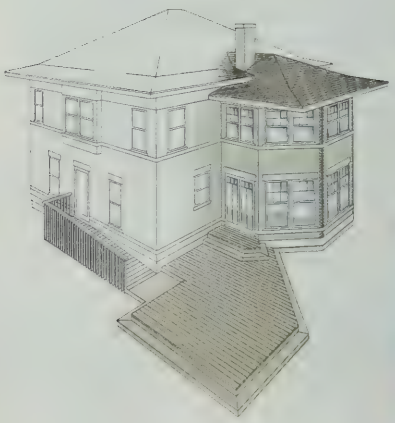
Raise High
the roof beams

Standard eight-foot ceilings used to leave this lakeside family room feeling flat and boxy. (Cover up the triangular windows in the photo to the right and you'll see what we mean.) To maximize the view and make the space inside feel airy and inviting, homeowners Lynn and Charlie Bogusat rescaled the roofline so they could add cathedral ceilings and a wall of windows. Now, instead of looking out through tree trunks, this elevated perch brings the tops of the trees into focus and offers a view of the lake down the hill.

To keep costs in check, these two teachers designed the project themselves and even served as the general contractor.









Round Out the foursquare

It's easy to be swept away by the charm of vintage architecture, but turn-of-the-century floor plans don't always meet the needs of 1990s family life. Vicki and Arnold Jacobson's 1908 Arts and Crafts foursquare, for example, lacked two essential rooms—a space for casual dining and a home office. A double-decker addition gave them both.

Up top, the office sustains the home's old-time character but still supports the couple's high-tech business needs. Downstairs they can enjoy a sunny breakfast room for casual meals that bring the whole family together.

The tall double-hung windows, wood floors, and built-in window seats add to the addition's authentic look.

Buying information, page 280





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Come-On-In Kitchens

Warm bands of sunshine angling across the room, the soft sheen of natural-finish wood and polished stone, a big table to gather round—these are the marks of a sociable kitchen. The kind that says, "C'mon in, the coffee's on." Here are two warmhearted, people-pleasing kitchens that would make even your starchy Aunt Agatha loosen up.

by William L. Nolan

PAGES 224-227: PHOTOGRAPHS: BETH SINGER. INTERIOR DESIGNER: DEAN LADAS. CONTRACTOR: MICHAELSON & GLUCK CUSTOM BUILDERS, L.L.C. REGIONAL CONTRIBUTOR: SUZY FARBMAN





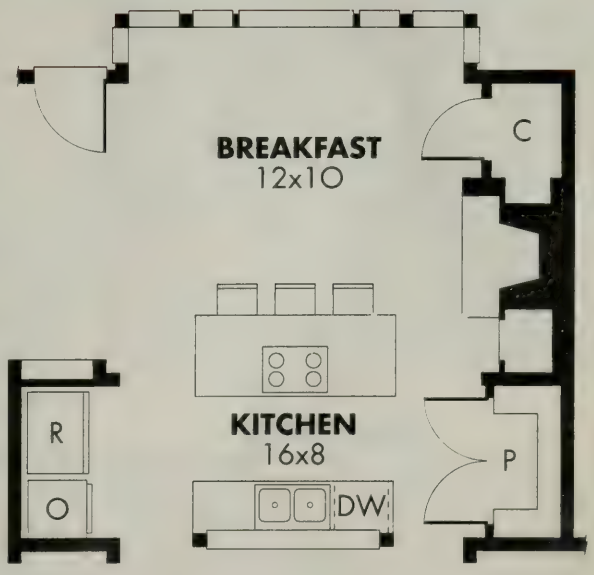
Storage niches line one wall, helping corral clutter. One is a walk-in pantry (behind the wide doors, *above*); the others (*right*) are a cupboard and a closet near the fireplace.



Islands in the Sun

Visits to New England inspired the design of Don and Sue Miner's remodeled kitchen overlooking a lake near Seattle. Captivated by the cottages of Nantucket, the Miners chose a classically simple design scheme: clean, spare lines rendered in a quiet medley of natural finishes and bathed with light from big windows. "We loved the architecture and the light on Nantucket," says Sue, "and the way everybody lingers over coffee."

Their new space, a combination kitchen/dining room, actually contains three islands—two work areas plus a big old pine table. Tall storage units line the side walls. Now there's space for family and friends to cook together and enjoy casual conversation at the table. To bring in extra light, the ceiling above the islands was popped up to make way for a barrel vault and an arched window.



While working at the cooktop (*above*) you can chat with guests and take in views of the lake and the fireplace—all at the same time.

A glass-paneled door at one end of the window wall (see plan, *right*) invites neighbors to step in for coffee and conversation at the antique pine table under the windows.



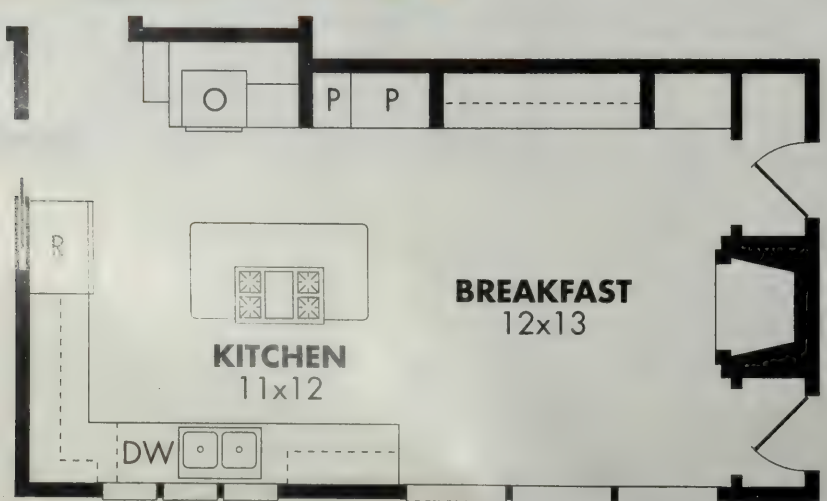
Old oak doors with glass panes put a friendly face on the upper cabinets (*below*). Deco fixtures and iron shelf brackets amplify the room's period feel.



Gourmet Blend

Professional cooks Peter and Suzanne Goatley decided to retool their kitchen in Bloomfield Hills, Michigan, by creating a work space/dining area that retains a professional edge but expresses a comfy, homelike feel. Interior designer Dean Ladas concocted a congenial scheme that gives stainless steel appliances and a large island work center a patina of mellow character. Period details put guests at ease by reminding them of times gone by: a mix of natural and painted finishes, lovingly restored salvage items, and country-store accent pieces. The iron finials on the upper cabinets once trimmed a widow's walk.

"We made the island look like a piece of old furniture," says the Goatleys, "and we created the effect of collecting things over a period of several years." Rich character radiates from the cabinet fronts and the island, which capture the hue and patina of an old spice chest. Ladas fitted the upper cabinets with glass-paneled oak doors that he salvaged from a demolition project. Oak frames on the lower cabinets match wood of



Light from triple windows over the sink keeps the work area bright and inviting and plays up rich graining in the oak trim on the cabinets. Built-ins lining the opposite wall (see plan, *left*) more than make up for the few cabinets that the windows displaced.



the uppers, and old brass pulls—another salvage find—add period flavor to the painted door and drawer fronts.

The commercial-style gas cooktop occupies center stage on a large, commode-style island. A polished granite top, beaded oak trim, and vintage oak legs with fluted detailing give the island a heft and character reminiscent of kitchens in old Victorian mansions. To create the illusion of one 7-inch-thick slab of granite, 6¼-inch-wide strips were set vertically on the edges of the island, with their corners mitered to hide the seams.



To gain more space for people in the dining area, the Goatleys bumped the room out two feet into the garage, creating a niche for the buffet. Grooved and leaded-glass panels give the buffet a country accent.

Inlaid mosaic tiles turn the table into a conversation piece—and a handy game board for after-dinner bouts of chess or checkers. Quarry tiles on the floor, the fireplace, and the buffet countertop repeat the board's grid on a larger scale.

When not lending a hand at the island, guests can relax nearby in the dining area. Here, vintage character takes on a charming, country-European flavor. A raised-hearth fireplace with rustic quarry-tile facing warms up the room even before a fire is lit. Larger tiles cover the floor, and V-groove paneling "dresses down" the built-in buffet. Glass-paneled doors on each side of the fireplace lead to a backyard patio.

Buying information, page 280





NEIGHBORLY BASICS

Smart planning can give most any kitchen a sociable, outgoing personality, even if there's little space to spare. Build your blueprint around these basics.

Flexible work areas. Position sinks, appliances, and storage to accommodate cook's helpers.

Comfy seating. Make room for a window seat, a table, or a pair of easy chairs. If the room is too small, consider merging it with your dining room or breakfast nook.

Natural light. Plan your storage so you can trade upper cabinets for big windows on the exterior walls.

Visual warmth. Choose colors and design details that offset the room's functional elements. Use glass fronts on some of the cabinetry to "relax" the built-ins.

Character. Add elements that give the room personality and encourage conversation, such as whimsical cabinet hardware or display space for collectibles.

Easy access. Adopt a traffic plan that lets guests enter and mill about without creating bottlenecks.



SOCIAL TRENDS

Entertaining in the kitchen is definitely *in* these days. In fact, some kitchens aren't just kitchens; they're also dining rooms. Two key design trends underscore this new informal approach to hosting parties at home: a large, farmhouse-style table near the work space, and a generous-size island work center.

The antique pine table in Don and Sue Miner's kitchen (*top left*) is a case in point. It seats six or eight comfortably, and its chunky, old-fashioned charm puts guests at ease even during formal sit-down affairs. Parties at Peter and Suzanne Goatley's house begin at their handsomely detailed island (*top right*). Guests naturally gravitate there to watch the Goatleys prepare specialties on the cooktop and to help them get the meal ready.

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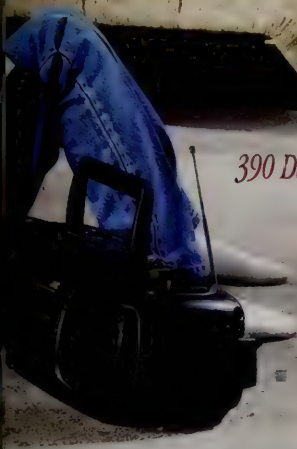
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MONDAY
1

Just a reminder. The first of the month is Jet-Dry day. Time to fill up with more Jet-Dry® rinse agent. Nothing does a better job of eliminating spots and streaks from your dishes. There's just one little catch. There has to be some in your dispenser for it to work. Even Jet-Dry can't work on fumes. So on the first of every month, pour in a new bottle of Jet-Dry. Before it's on "E."

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DO YOU WASH THE DISHES *before* YOU WASH THE DISHES?



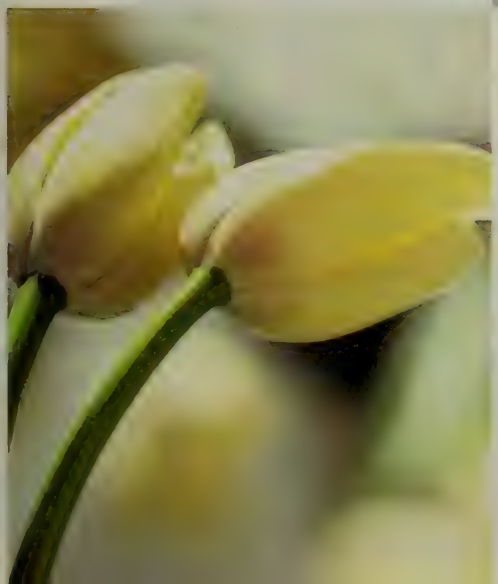
What used to be affectionately known as pre-rinsing should now be referred to as baloney.

That's because our new Kenmore dishwashers have a monster food grinder that eliminates nasty food particles, so washing before you wash is no longer necessary. What goes in spattered, comes out sparkling.

And as the machine's quietly going about its business, it's also cleaning the water that cleans your dishes with a special filter. How much more clean can you get?

In addition, you're also getting more room for silverware than in any other dishwasher. And when it comes to the rest of the load, we've got adjustable racks that accommodate everything from pacifiers to turkey platters.





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Our Best RECIPES

to grandmother's house we go

There's a special sweetness about food from a grandparent's kitchen—even when there's no sugar in the recipe.



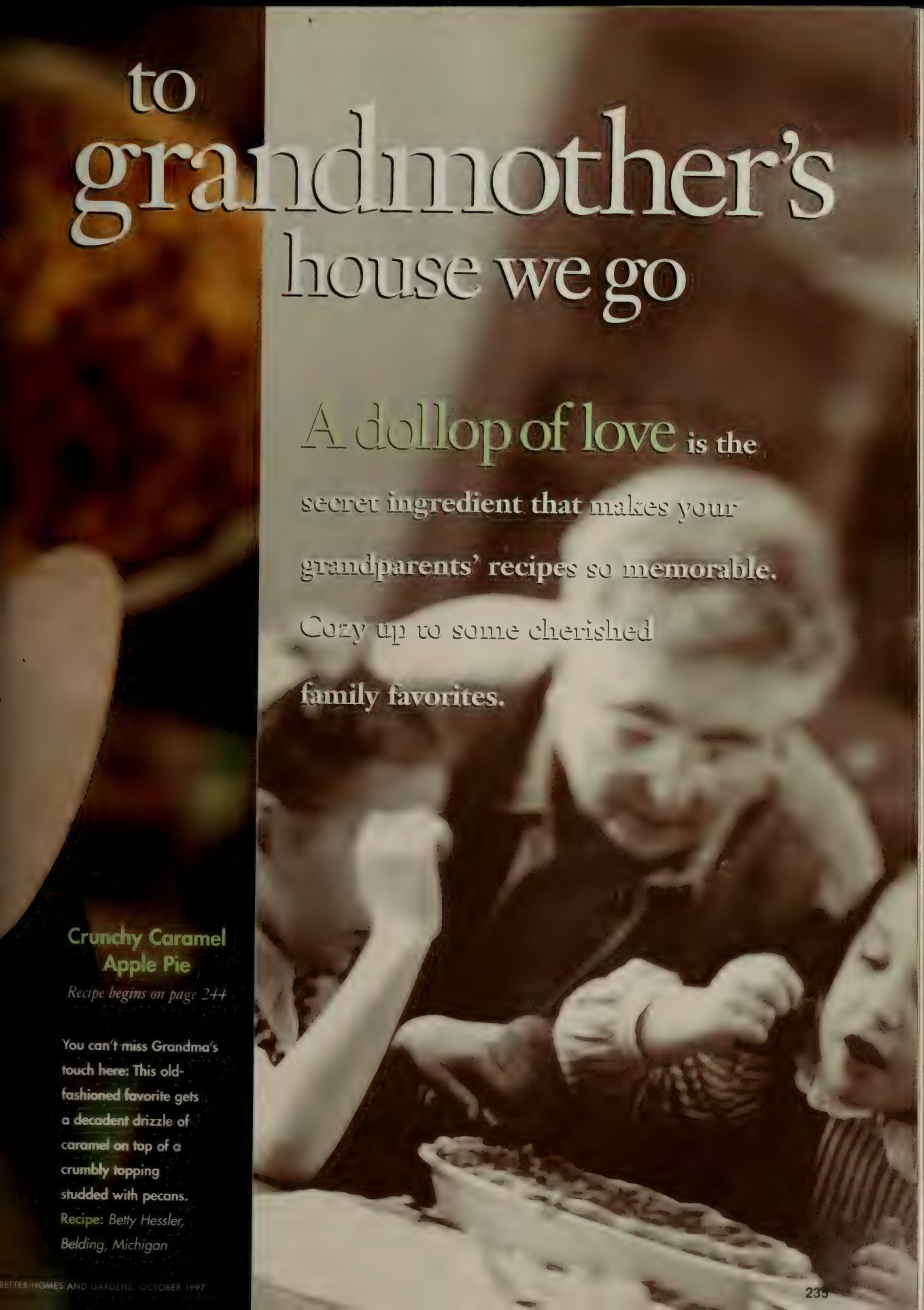
Luscious Lasagna
Recipe begins on page 244

Readers' Prizewinning Recipes
Coffee Cakes and *30-Minute Dinners* page 277



to grandmother's house we go

A dollop of love is the secret ingredient that makes your grandparents' recipes so memorable. Cozy up to some cherished family favorites.



Crunchy Caramel Apple Pie

Recipe begins on page 244

You can't miss Grandma's touch here: This old-fashioned favorite gets a decadent drizzle of caramel on top of a crumbly topping studded with pecans. **Recipe:** *Betty Hessler, Belding, Michigan*



Mexicali Meat Loaf

Pssst—don't tell your grandkids this meat loaf is packed with veggies. The classic comfort food takes on a snappy, fresh flavor when salsa is mixed into the ground meat.

Joan Gerberding, Fort Wayne, Indiana





Chicken and Pasta Primav

Recipes begin on page 246

to grandmother's house we go



Chocolate Cookie Cake is definitely an indulgence, but perfect for a special birthday celebration. Serve it as dessert after a family dinner of Chicken and Pasta Primavera (*bottom left*).

Recipes:
Susan Manlin Katzman, St. Louis, Missouri

Chocolate Cookie Cake

to grandmother's house we go



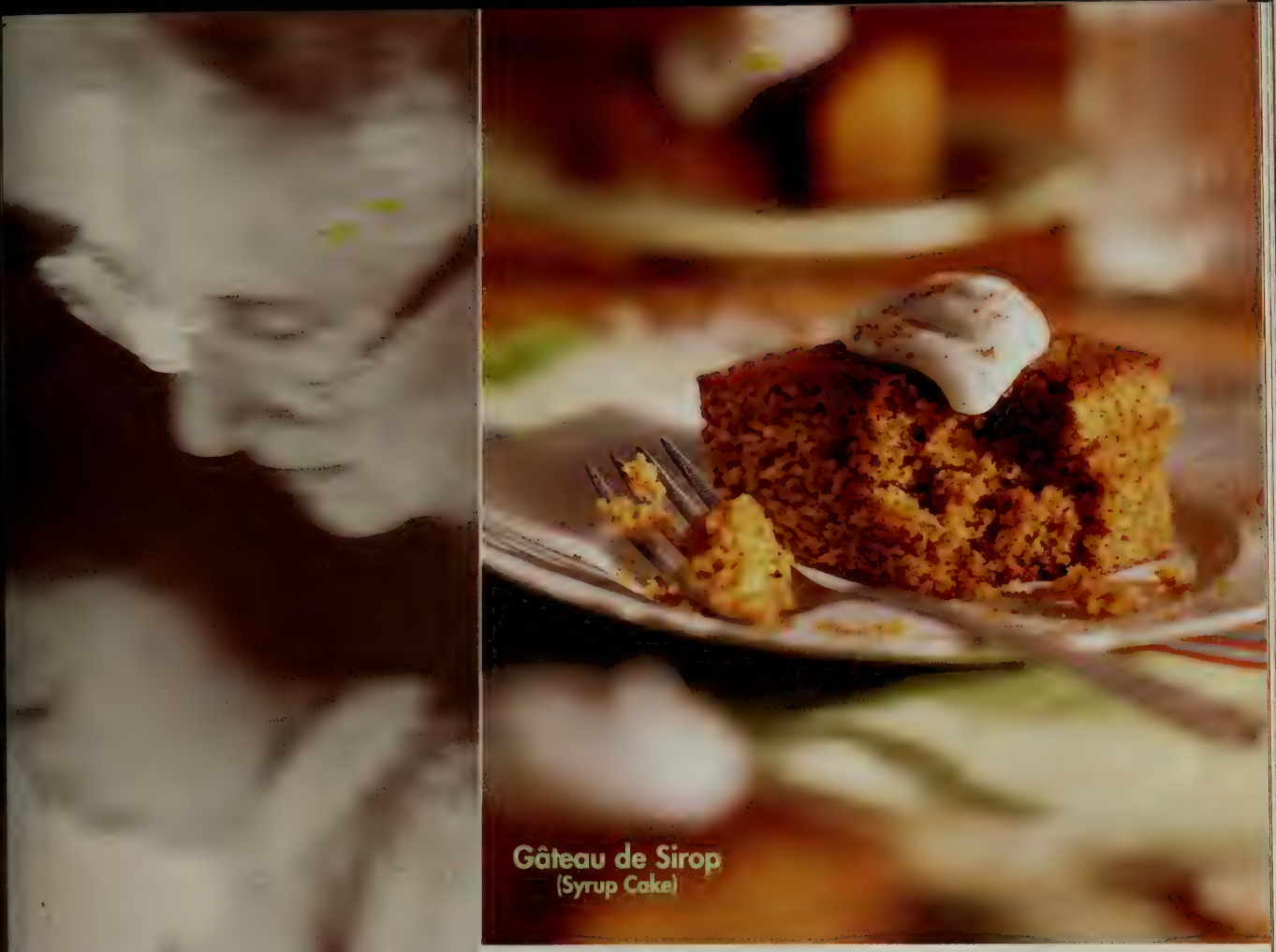
You get two-for-one treats by making these two recipes from the same batch of dough. Use one portion for tender dinner rolls, and make a mouthwatering coffee cake with the rest.

Recipes: *Betty Hessler, Belding, Michigan*

Apple Nut Coffee Cake

Golden Dinner Rolls

Recipes begin on page 240



Gâteau de Sirop
(Syrup Cake)



Praline Apple Bread

This deep-South version of old-fashioned gingerbread cake (*above*) gets its rich color and flavor from the dark syrup made from stalks of sugar cane.

Elsie Castille, Breux Bridge, Louisiana

One nibble is all it takes to see why this apple bread (*left*) drizzled with gooey, nut-laced caramel took top honors at a county fair.

Betty Hessler, Belding, Michigan



Swedish Rye Bread

Grandma always makes at least two loaves of this Swedish Rye Bread *(left)* because its sweet molasses goodness guarantees it gets gobbled quickly. Swedish Rice Pudding topped with a golden meringue also does a disappearing act when the grandchildren come calling.
Recipes: *Violet Nelson, Humboldt, Iowa*



Chicken and Sausage Gumbo

With Grandmother at their sides, many children raised in the South learn early on to prepare a roux, that indispensible mix of flour and fat used to thicken gumbo like this spicy one *(left)*.
Recipe: *Elsie Castille, Breaux Bridge, Louisiana*



Swedish Rice Pudding

Recipes begin on page 252

to grandmother's house we go



Poached Salmon Steaks with Cucumber Salad and Parslied New Potatoes

Recipes begin on page 254

to grandmother's house we go



Bestefar's Favorite Cookies and Hjortetakk Bakkels

His roots are in Norway, which is why Bestefar, the Norwegian word for grandfather, serves his favorite salmon in traditional fashion along with cucumber salad and potatoes (*above*). Bestefar also loves to gather the family in the kitchen for cookie-baking sessions.

Barney Jacobson, Hendersonville, North Carolina

It's been said a woman's work is never done. Maybe so, but our cookware reduces it significantly.



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Campbell's Deep-Dish Chicken Pot Pie

Prep Time: 10 min. Cook Time: 35 min.

2 cans (10 3/4 oz. *each*) Campbell's® Condensed Cream of Chicken Soup *or* 98% Fat Free Cream of Chicken Soup
2 pkg. (about 9 oz. *each*) frozen mixed vegetables, thawed
2 cups cubed cooked chicken
1/2 cup milk
1 egg
1 cup Bisquick® Baking Mix

1. Preheat oven to 400°F. In CORNINGWARE® FRENCH WHITE® 2 1/2-qt. oval casserole mix soup, vegetables and chicken.

2. Mix milk, egg and baking mix. Pour over chicken mixture. Bake 35 min. or until golden. Serves 6.

continued from page 242



Grace Charlesworth's grandchildren Katy and Adam inherited her love of cooking.

Luscious Lasagna

It's traditional for Grace Charlesworth to serve this great-tasting lasagna at family celebrations. She still uses the recipe from the 1953 Better Homes and Gardens® New Cook Book.

- 1 lb. bulk Italian sausage, bulk pork sausage, or ground beef
- 1 clove garlic, minced
- 1 Tbsp. snipped parsley
- 1 Tbsp. dried basil, crushed, or ¼ cup snipped fresh basil
- 1 14½-oz. can tomatoes, cut up
- 1 8-oz. can tomato sauce
- 1 6-oz. can tomato paste
- 10 oz. lasagna noodles (about 10 noodles)
- 2 12-oz. cartons (3 cups) cream-style cottage cheese
- 2 beaten eggs
- ¼ to ½ tsp. pepper
- 2 Tbsp. snipped parsley
- ½ cup grated Parmesan cheese
- 8 oz. shredded mozzarella cheese
- Grated Parmesan cheese (optional)
- Fresh basil leaves (optional)

In a large saucepan cook meat till brown; drain fat. Add garlic, the 1 tablespoon parsley, the 1 tablespoon basil, undrained tomatoes, tomato sauce, and tomato paste to meat. Bring just to boiling; reduce heat. Simmer, uncovered, for 10 to 15 minutes or till thickened, stirring occasionally. Meanwhile, cook noodles according to package directions; drain. Rinse with cold water. Drain the noodles well. In a bowl combine cottage cheese, eggs, pepper, remaining parsley, and the ½ cup Parmesan cheese.

Arrange half the noodles in a 3-quart rectangular baking dish. Spread with half the cottage cheese mixture. Sprinkle with half the mozzarella cheese. Spoon half the meat mixture over all. Repeat layers. Cover dish loosely with foil.

Bake in a 375° oven for 30 minutes or till heated through. Let stand 10 to 15 minutes before serving. If desired, sprinkle with additional Parmesan cheese and garnish with fresh basil leaves. Cut in squares to serve. Makes 12 main-dish servings.

Nutrition facts per serving: 343 cal., 15 g total fat (7 g sat. fat), 80 mg chol., 845 mg sodium, 26 g carbo., 1 g fiber, and 24 g pro. Daily Values: 16% vit. A, 26% vit. C, 20% calcium, and 17% iron.



Apple season brings a bounty of baked goods from Betty Hessler and her grandchildren Jacob, Samantha, and Johanna.

Crunchy Caramel Apple Pie

Betty Hessler likes to use moderately tart apples, such as Idareds, Jonathans, or Northern Spys, for her pie. With or without a scoop of vanilla ice cream, a piece of this pie is a memorable indulgence.

- 1 recipe Pastry for Single-Crust Pie
- ½ cup sugar
- 3 Tbsp. all-purpose flour
- 1 tsp. ground cinnamon
- ⅛ tsp. salt
- 6 cups thinly sliced, peeled cooking apples
- 1 recipe Crumb Topping
- ½ cup chopped pecans
- ¼ cup caramel ice-cream topping

Prepare Pastry for Single-Crust Pie. On a lightly floured surface, roll out dough to a 12-inch circle. Transfer pastry to a 9-inch pie plate. Ease pastry into pie plate, being careful not to stretch pastry. Trim; crimp edge as desired.

In a large mixing bowl stir together sugar, flour, cinnamon, and salt. Add apple slices and gently toss till coated. Transfer apple mixture to the pastry-lined pie plate. Sprinkle Crumb Topping over apple mixture.

To prevent overbrowning, cover edge of pie with foil. Bake in a 375° oven for 25 minutes. Remove foil. Bake for 25 to 30 minutes more or till top is golden. Remove from oven; sprinkle pie with pecans, then drizzle with caramel topping. Cool on a wire rack. Makes 8 servings.

Pastry for Single-Crust Pie: In a bowl stir together 1¼ cups all-purpose flour and ¼ teaspoon salt. Using a pastry blender, cut in ⅓ cup shortening till pieces are pea-size. Using 4 to 5 tablespoons cold water total, sprinkle 1 tablespoon of water at a time over the flour mixture, tossing with a fork till all of the dough is moistened. Form dough into a ball.

Crumb Topping: Stir together 1 cup packed brown sugar, ½ cup all-purpose flour, and ½ cup quick-cooking rolled oats. Using a pastry blender, cut in ½ cup butter or margarine till the topping mixture resembles coarse crumbs.

Nutrition facts per serving: 554 cal., 25 g total fat (10 g sat. fat), 31 mg chol., 260 mg sodium, 81 g carbo., 3 g fiber, and 5 g pro. Daily Values: 11% vit. A, 6% vit. C, 3% calcium, and 15% iron.

continued on page 246

Campbell's®

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Campbell's® Easy Chicken & Pasta

Prep Time: 5 min. Cook Time: 25 min.

- 1 lb. skinless, boneless chicken breasts, cut up
- 1 tbsp. vegetable oil
- 1 can (10 3/4 oz.) Campbell's® Condensed Cream of Mushroom Soup
- 2 1/4 cups water
- 1/2 tsp. dried basil leaves, crushed
- 2 cups frozen vegetable combination (broccoli, cauliflower, carrots)
- 2 cups ***uncooked*** corkscrew pasta

1. In skillet brown chicken in hot oil. Set aside. Add soup, water, basil and vegetables. Heat to a boil.
2. Add ***uncooked*** pasta. Cook over medium heat 10 min., stirring often. *The pasta cooks right in the soup!*
3. Add browned chicken. Cook 5 min. or until pasta is done, stirring often. Serve with grated Parmesan cheese. Serves 4.

Free Recipe Booklet: For more recipes send name, address and 50¢ for P&H to: Campbell's, Dept. A, P.O. Box 4116, St. Cloud, MN 56398-4116. While supplies last.



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Campbell's Makes Everything *Mm! Mm!* Better™

continued from page 244



Grandmother Joan Gerberding loves to plan fun projects with Katherine and Matthew.

Mexicali Meat Loaf

Joan Gerberding says the grandchildren gobble up this Mexican-inspired meat loaf with gusto. They also have fun helping her mix the ingredients.

- 1 cup finely chopped celery
- 1 cup finely chopped onion and/or green onion
- ½ cup finely chopped carrot
- ½ cup finely chopped red sweet pepper
- ½ cup snipped parsley
- ¼ cup finely chopped green sweet pepper
- 4 cloves garlic, minced
- 2 Tbsp. olive oil or canola oil
- 2 beaten eggs
- ¾ cup fine dry bread crumbs
- ¾ cup salsa
- 1 tsp. chili powder
- 1 tsp. ground cumin
- ½ tsp. ground nutmeg
- ½ tsp. salt
- ½ tsp. black pepper
- 1 lb. lean ground beef
- 1 lb. ground raw turkey
- Salsa (optional)

In a large saucepan cook celery, onion and/or green onion, carrot, red pepper, parsley, green pepper, and garlic in hot oil till vegetables are tender, but not brown.

In a large mixing bowl combine the eggs, bread crumbs, the ¾ cup salsa, chili powder, cumin, nutmeg, salt, and black pepper. Stir in the cooked vegetable mixture. Add ground beef and ground turkey. Mix well. Place in a 9x5x3-inch loaf pan.

Bake in a 350° oven for 1¼ to 1½ hours or till no pink remains. Remove meat loaf from oven and let stand 10 minutes before serving. Invert meat loaf and remove from pan. Slice to serve. Top individual servings with salsa, if desired. Makes 8 servings.

Nutrition facts per serving: 295 cal., 17 g total fat (5 g sat. fat), 110 mg chol., 384 mg sodium, 13 g carbo., 1 g fiber, and 22 g pro. Daily Values: 33% vit. A, 45% vit. C, 5% calcium, and 21% iron.



Dinner at Susan Manlin Katzman's home is always a memorable event with grandchildren Charley, Maggie, and Matthew.

Chicken and Pasta Primavera

Here's a homespun favorite that's a hit with Susan Manlin Katzman's whole family. You can use spaghetti or any fun-shaped pasta.

- 2 to 2½ lb. meaty chicken pieces (breasts, thighs, and drumsticks)
- 4 cups vegetables, peeled, trimmed, and cut into 1-inch pieces (carrots, celery, zucchini, and/or yellow summer squash)
- 1 medium onion, cut into wedges
- 2 Tbsp. Dijon-style mustard
- 1 Tbsp. olive oil
- 2 large cloves garlic, minced
- 1 tsp. dried oregano, crushed
- ½ tsp. dried thyme, crushed
- ½ tsp. celery salt
- ¼ tsp. pepper
- ⅛ tsp. salt
- 2 cups dried pasta (6 oz. spaghetti, bow ties, or shells)
- Freshly shredded Parmesan cheese (optional)

Skin chicken, if desired. Rinse chicken; pat dry. Set aside.

In a 13x9x2-inch baking pan combine vegetables and onion. In a small bowl stir together mustard and olive oil. Drizzle about 2 tablespoons of the mustard-oil mixture over vegetables. Sprinkle the garlic, oregano, thyme, celery salt, pepper, and salt over vegetables. Toss gently to coat.

Arrange the chicken pieces, bone-side down, on top of vegetables. Brush chicken with remaining mustard-oil mixture.

Bake, uncovered, in a 350° oven about 1 hour or till chicken is tender and no longer pink. Just before removing chicken from the oven, cook pasta till just tender. Drain well. Remove chicken pieces to serving platter. Cover and keep warm.

In a large serving bowl combine pasta with vegetables and juices from pan. Toss to combine. Sprinkle with Parmesan cheese, if desired. Serve pasta and vegetables with chicken pieces. Makes 6 servings.

Nutrition facts per serving: 329 cal., 12 g total fat (3 g sat. fat), 69 mg chol., 410 mg sodium, 27 g carbo., 2 g fiber, and 27 g pro. Daily Values: 58% vit. A, 7% vit. C, 5% calcium, and 15% iron.

Chocolate Cookie Cake

This decadent sensation is "the ultimate granny treat," says Susan Manlin Katzman, whose family clamors for the cake whenever it's time to celebrate a birthday.

- 2⅔ cups all-purpose flour
- 2¼ cups sugar
- 1¼ tsp. baking soda
- ¾ tsp. salt
- ½ tsp. baking powder

continued on page 248

You can't scream with your mouth full.



Ghosts in the Graveyard

3 1/2 cups cold milk
2 pkgs. (4-serving size) Jell-O® Chocolate Flavor Instant Pudding & Pie Filling
1 tub (12 oz.) COOL WHIP® Whipped Topping, thawed
1 pkg. (16 oz.) chocolate sandwich cookies, crushed

Pour cold milk into large bowl; add pudding mixes. Beat with wire whisk 2 minutes. Stir in 3 cups of the whipped topping and 1/2 of the cookies. Spoon into 13 x 9-inch baking dish. Sprinkle with remaining cookies. Refrigerate 1 hour or until ready to serve. Store dessert in refrigerator. Makes 15 servings. Decorate with cookies (tombstones), candy and remaining whipped topping dropped by spoonfuls (ghosts). www.jell-o.com



Happy JELL-O ween!

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continued from page 246

- 1⅓ cups milk
- 1 8-oz. carton dairy sour cream
- 5 oz. unsweetened chocolate, melted and cooled
- ⅓ cup butter, softened
- 3 eggs
- 2 tsp. vanilla
- 1 recipe Chocolate Sandwich Cookie Filling
- 1 recipe Chocolate Frosting
- 4 chocolate sandwich cookies, crushed

Grease and lightly flour two 8- or 9x1½-inch round cake pans. Set pans aside.

In an extra-large mixing bowl combine flour, sugar, baking soda, salt, and baking powder. Add milk, sour cream, melted chocolate, butter, eggs, and vanilla. Beat with an electric mixer on low speed about 1 minute or till mixture is well-combined. Turn speed to high and beat 3 minutes, scraping sides of bowl occasionally.

Place half of the batter in a medium bowl; cover and chill. Divide remaining half of batter evenly between the prepared pans.

Bake in a 350° oven for 20 to 25 minutes for 9-inch layers and 25 to 30 minutes for 8-inch layers or till a toothpick inserted in centers of layers comes out clean.

Cool cakes in pans on wire racks for 10 minutes. Remove cakes from pans and let layers cool completely on wire racks.

Wash the two cake pans. Grease and lightly flour pans. Divide reserved, chilled batter evenly between pans. Bake and cool as directed above.

Prepare the Chocolate Sandwich Cookie Filling; reserve ¾ cup of the filling for the cake garnish.

To assemble the cake, put one cake layer on a serving plate and top with one-third of the remaining cookie filling, spreading filling evenly over layer. Add a second layer of cake and spread with another one-third portion of the cookie filling. Add another cake layer and spread with remaining cookie filling. Top with the final cake layer.

Prepare the Chocolate Frosting. Spread top and sides of cake with frosting.

Stir reserved cookie filling and enough milk (about 2 to 3 teaspoons) to make it a drizzling consistency. Spoon onto the center top of cake. Carefully spread filling to force some down sides of cake. Garnish top of cake with the crushed chocolate sandwich cookies. Makes 16 servings.

Chocolate Sandwich Cookie Filling: In a large mixing bowl combine 4 cups sifted powdered sugar; ⅓ cup butter, softened; 2 tablespoons milk; and 1 teaspoon vanilla. Beat with electric mixer on low speed till mixture is combined, then beat on medium speed till very smooth. Beat in 1 to 2 tablespoons more milk till frosting is easy to spread.

Put ¾ cup of the mixture in a small bowl and reserve for top of cake. Crush 10 chocolate sandwich cookies (1 cup crushed) and stir into remaining filling. Use as directed above. Makes about 1½ cups filling plus ¾ cup reserved filling.

Chocolate Frosting: In a small saucepan melt ⅓ cup butter and 3 ounces unsweetened chocolate over low heat.

In a large mixing bowl combine 3 cups sifted powdered sugar, ⅔ cup dairy sour cream, and 1½ teaspoons vanilla. Add melted chocolate mixture and beat with an electric mixer on low speed till combined, then on high speed till mixture is smooth and creamy, about 1 minute. Cool for 3 to 5 minutes or till thick enough to spread. Makes about 2½ cups.

Nutrition facts per serving: 629 cal., 27 g total fat (14 g sat. fat), 83 mg chol., 402 mg sodium, 98 g carbo., 2 g fiber, 7 g pro. Daily Values: 19% vit. A, 7% calcium, and 15% iron.

Grandma's Yeast Dough

Follow Betty Hessler's example and divide this dough in half. Use one portion of the dough to create Golden Dinner Rolls, and use the other portion to make Apple-Date Coffee Cake.

- 2 pkgs. active dry yeast
- ½ cup warm water (105° to 115°)
- 1½ cups milk
- ½ cup butter
- ½ cup sugar
- 2 tsp. salt
- 2 slightly beaten eggs
- 7½ to 8 cups all-purpose flour

In a small bowl dissolve yeast in the warm water. Set aside.

Meanwhile, in a medium saucepan combine milk, butter, sugar, and salt. Heat and stir just till warm (120° to 130°) and butter almost melts.

In a large bowl combine yeast mixture, warmed milk mixture, and eggs. Using a wooden spoon, stir in as much of the flour as you can. Turn the dough out onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately soft dough that is smooth and elastic (3 to 5 minutes total). Shape dough into a ball. Place in a lightly greased bowl, turning once to grease surface of the dough. Cover; let rise in a warm place till double in size (about 1½ hours).

Punch dough down. Turn dough out onto a lightly floured surface. Divide dough in half. Cover; let rest 10 minutes. Use one portion of the dough to prepare Golden Dinner Rolls, and use the remaining portion to make Apple-Date Coffee Cake.

Golden Dinner Rolls

When the aroma of Betty Hessler's fresh-from-the-oven rolls wafts through your house, your family will immediately follow their noses to the dinner table.

- ½ recipe Grandma's Yeast Dough (see *above*)

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ROSETTO'S GUIDE TO THE AUTHENTIC

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Divide the prepared dough into 18 pieces. To shape, gently pull each dough piece into a ball, tucking edges underneath. Place the shaped rolls into a greased 13x9x2-inch baking pan. Cover and let rise in a warm place till nearly double in size (30 to 40 minutes).

Bake in a 400° oven about 15 minutes or till golden brown. Remove rolls from pan. Cool on wire racks. Makes 18 rolls.

Nutrition facts per serving: 131 cal., 3 g total fat (2 g sat. fat), 19 mg chol., 153 mg sodium, 22 g carbo., 1 g fiber, and 3 g pro. Daily Values: 3% vit. A, 0% vit. C, 1% calcium, and 8% iron.

Apple-Date Coffee Cake

Make use of the fall apple harvest to create Betty Hessler's fruit-filled coffee cake. It's bound to become a special addition to your weekend or holiday brunch menu.

- 2 cups chopped, peeled apples (2 medium)
- 1 cup chopped pitted dates
- ½ cup sugar
- ¼ cup water
- ½ recipe Grandma's Yeast Dough (see *page 248*)
- 1 Tbsp. butter, softened
- 1 recipe Powdered Sugar Icing
- Maraschino cherry pieces (optional)
- Sliced almonds (optional)

In a medium saucepan combine apples, dates, sugar, and water. Cook and stir the mixture, uncovered, over medium heat for 5 to 7 minutes or till apples are tender and liquid is absorbed. Set the apple-date mixture aside to cool.

On a lightly floured surface roll the prepared dough to a 15x10-inch rectangle. Spread softened butter over dough. Spread cooled apple-date mixture evenly over dough. Roll up jelly-roll-style, starting from the long side. Seal seam.

Place on a greased baking sheet. Shape dough into a ring; seal seams. With sharp kitchen shears, cut slits about ½ inch deep and 1 inch apart atop loaf (see photo, *below*). Cover the loaf and let rise in a warm place till nearly double in size (30 to 40 minutes).

Bake in a 375° oven about 30 minutes or till bread sounds hollow when you tap the top with your fingers. (If necessary, cover the coffee cake loosely with foil the last 10 minutes of baking to prevent overbrowning.) Immediately remove coffee cake from baking sheet. Cool on a wire rack.

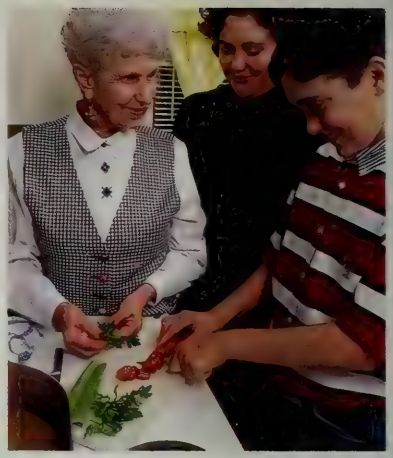
Drizzle with the Powdered Sugar Icing. Garnish with cherry pieces and sliced almonds, if desired. Makes 1 loaf (12 to 16 servings).

Powdered Sugar Icing: In a small mixing bowl combine 1 cup sifted powdered sugar and ½ teaspoon vanilla. Stir in enough milk (1 to 2 tablespoons) till icing reaches drizzling consistency.

Nutrition facts per serving: 323 cal., 6 g total fat (3 g sat. fat), 32 mg chol., 241 mg sodium, 63 g carbo., 3 g fiber, and 5 g pro. Daily Values: 6% vit. A, 1% vit. C, 3% calcium, and 13% iron.



Use kitchen shears to snip slits in the top of the dough. Make slits ½ inch deep about 1 inch apart, revealing the apple-date filling.



Grandmother Elsie Castille shares her flair for Southern cooking with Casae and Dustin.

Gâteau de Sirop (Syrup Cake)

Although cane syrup (made from sugar cane) is what makes this an authentic Southern sweet, you can substitute a mix of dark corn syrup and molasses. Elsie Castille likes to serve this spice cake with fresh fruit or sweetened cream.

- 2½ cups all-purpose flour
- 2 tsp. baking powder
- 2 tsp. ground allspice
- ½ tsp. baking soda
- Dash salt
- 1 cup sugar
- ¾ cup cane syrup or ½ cup dark-colored corn syrup plus ¼ cup molasses
- ¾ cup cooking oil
- 2 eggs
- ¾ cup water
- 1 recipe Sweetened Whipped Cream (optional)
- Ground nutmeg (optional)

In a medium mixing bowl combine flour, baking powder, allspice, soda, and salt; set aside. In a large bowl beat sugar, cane syrup or corn syrup plus molasses, oil, and eggs on low speed of an electric mixer till combined. Alternately add flour mixture and water to syrup mixture, beating till combined after each addition. Pour mixture into a greased 13x9x2-inch baking pan.

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Bake in a 350° oven about 45 minutes or till a toothpick inserted near center comes out clean. (Cake may dip slightly in center.) Cool slightly in pan on a wire rack. Serve warm with sweetened whipped cream and sprinkle with nutmeg, if desired. Makes 16 servings.

Sweetened Whipped Cream: In a mixing bowl beat 1 cup whipping cream with 2 tablespoons cane syrup or sugar till stiff peaks form.

Nutrition facts per serving: 259 cal., 11 g total fat (2 g sat. fat), 27 mg chol., 113 mg sodium, 38 g carbo., 0 g fiber, and 3 g pro. Daily Values: 1% vit. A, 0% vit. C, 4% calcium, and 10% iron.

Praline Apple Bread

Packed with apple flavor and topped with gooey caramel and crunchy pecans, this bread is a winner with Betty Hessler's grandchildren.

- 1 cup granulated sugar
- 1 8-oz. carton dairy sour cream
- 2 eggs
- 2 tsp. vanilla
- 2 cups all-purpose flour
- 2 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- 1¼ cups chopped, peeled tart apple
- 1 cup chopped pecans
- ¼ cup butter or margarine
- ¼ cup packed brown sugar

In a large mixing bowl beat together granulated sugar, sour cream, eggs, and vanilla on low speed of an electric mixer till combined, then beat on medium speed for 2 minutes.

Stir together flour, baking powder, soda, and salt; add to sour cream mixture, beating on low speed till combined. Stir in apple and ½ cup of the pecans. Turn into a greased 9x5x3-inch loaf pan. Sprinkle with remaining chopped pecans; press lightly into batter.

Bake in a 350° oven for 55 to 60 minutes or till a toothpick inserted in center comes out clean. (If necessary, cover loosely with foil the last 10 minutes of baking to prevent overbrowning.) Cool in pan on a wire rack for 10 minutes.

Meanwhile, in a small saucepan combine butter or margarine and brown sugar; cook and stir till mixture comes to a boil. Reduce heat and boil gently for 1 minute. Remove bread from pan. Drizzle top with brown sugar mixture; cool. Makes 1 loaf (18 servings).

Nutrition facts per serving: 203 cal., 10 g total fat (4 g sat. fat), 36 mg chol., 175 mg sodium, 27 g carbo., 1 g fiber, and 3 g pro. Daily Values: 6% vit. A, 0% vit. C, 5% calcium, and 6% iron.



Abbie, Kelsey, and Ross giggle over a bite of bread with their grandma Violet Nelson.

Swedish Rye Bread

Violet Nelson's Scandinavian heritage was the inspiration for these wonderful loaves. Slices of the bread make fantastic toast, especially when served with jam or honey-nut cream cheese.

- 1 pkg. active dry yeast
- ¼ cup warm water (105° to 115°)
- ½ cup margarine or butter, cut up
- ⅓ cup sugar
- ¼ cup light-flavored molasses
- 2 tsp. salt
- 2 cups boiling water
- 2 cups rye flour
- 4¾ to 5½ cups all-purpose flour
- Margarine or butter, softened

In a small bowl dissolve yeast in the warm water. Set aside.

Meanwhile, in a large mixing bowl place the ½ cup margarine or butter, sugar, molasses, and salt. Add the boiling water; stir till margarine or butter is melted. Add rye flour. Beat on low speed of an electric mixer till combined, then on medium speed for 3 minutes or till smooth. Gradually beat in yeast mixture till combined. Using a wooden spoon, stir in as much of the all-purpose flour as you can.

Turn the dough out onto a lightly floured surface. Knead in enough of the remaining all-purpose flour to make a moderately stiff dough that is smooth and elastic (8 to 10 minutes total). Shape dough into a ball. Place in a greased bowl, turning once to grease surface of the dough. Cover; let rise in a warm place till double in size (1¼ to 1½ hours).

Punch dough down. Turn dough out onto a lightly floured surface. Divide dough in half. Cover; let rest for 10 minutes. Shape each half into a loaf and place in 2 greased 8x4x2-inch or 9x5x3-inch loaf pans. Cover and let rise in a warm place till nearly double (40 to 50 minutes).

Bake in a 350° oven for 35 to 45 minutes or till done. Remove from pans. Brush tops of warm loaves with a little softened margarine or butter. Cool on wire rack. Makes 2 loaves (24 servings).

Nutrition facts per serving: 171 cal., 5 g total fat (1 g sat. fat), 0 mg chol., 230 mg sodium, 29 g carbo., 2 g fiber, and 3 g pro. Daily Values: 5% vit. A, 0% vit. C, 1% calcium, and 9% iron.

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Chicken and Sausage Gumbo

Elsie Castille's secret to a great gumbo with a Cajun kick lies in the andouille, a spicy smoked sausage. If you can't find andouille, any smoked sausage will do, but you may need to spice up the gumbo with a bit more red pepper.

- 1 cup all-purpose flour
- ⅔ cup cooking oil
- ½ cup chopped onion
- ½ cup chopped green sweet pepper
- 1½ stalks celery, sliced
- 2 cloves garlic, minced
- 2 lb. meaty chicken pieces (breasts, thighs, and drumsticks)
- 6 cups water
- ½ lb. fully cooked smoked sausage, cut into 1-inch pieces
- ½ lb. andouille sausage, cut into ½-inch pieces
- 1 tsp. salt
- 1 tsp. ground red pepper
- ¼ tsp. black pepper
- Hot cooked rice

In a large pot combine flour and oil; cook over medium-low heat about 20 minutes or till mixture is caramel-colored (see photo, *below*), stirring constantly.

Add onion, sweet pepper, celery, and garlic; cook 5 minutes. Skin chicken, if desired. Rinse chicken; pat dry. Add chicken and water to pot along with sausages, salt, red pepper, and black pepper. Bring to boiling; reduce heat to medium-low. Cover and simmer about 1 hour or till chicken is tender and no longer pink. Skim off excess fat. If desired, remove chicken pieces from gumbo.



Cook and stir the flour and oil over heat till the color matches that of a penny.

When bones are cool enough to handle, remove meat from bones. Discard bones. Return chicken to pot. Cook 2 to 3 minutes more or till chicken is heated through. Serve over rice. Makes 10 servings.

Nutrition facts per serving: 462 cal., 36 g total fat (9 g sat. fat), 57 mg chol., 487 mg sodium, 33 g carbo., 1 g fiber, and 26 g pro. Daily Values: 2% vit. A, 16% vit. C, 2% calcium, and 16% iron.

Swedish Rice Pudding

Stir a whole, unblanched almond into Violet Nelson's rice pudding mixture before baking to follow an old Swedish custom. Tradition has it that whoever gets the almond will marry within a year.

- 4 cups milk
- ½ cup long-grain rice
- ½ tsp. salt
- 4 egg yolks
- ½ cup sugar
- 2 Tbsp. butter, softened
- 1 tsp. vanilla
- 4 egg whites
- 3 Tbsp. sugar

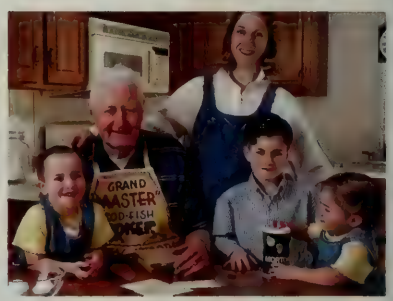
In a large heavy saucepan bring milk just to boiling (watch carefully to prevent milk from foaming); stir in rice and salt. Reduce heat to medium-low. Cook, uncovered, about 18 minutes or till rice is tender, stirring frequently.

In a medium mixing bowl combine egg yolks, the ½ cup sugar, butter, and vanilla. Beat till well combined but not foamy. Stir 1 cup of hot rice mixture into egg mixture. While stirring, pour all of the egg mixture into rice mixture in saucepan. Bring mixture to boiling, stirring constantly. Cook and stir 1 minute more or till thickened. Pour rice mixture into a greased 2-quart casserole.

Meanwhile, in a large bowl beat 4 egg whites with an electric mixer on medium speed about 1 minute or till soft peaks form (tips curl). Gradually add the 3 tablespoons sugar, 1 tablespoon at a time, beating on high about 4 minutes more or till mixture forms stiff, glossy peaks (tips stand straight) and sugar dissolves.

Immediately spread meringue over rice pudding mixture, carefully sealing to the edge. Bake in a 350° oven for 15 minutes. Cool on wire rack. Serve warm or cold. To store, cover and chill. Makes 8 servings.

Nutrition facts per serving: 234 cal., 8 g total fat (4 g sat. fat), 123 mg chol., 255 mg sodium, 33 g carbo., 0 g fiber, and 8 g pro. Daily Values: 26% vit. A, 1% vit. C, 13% calcium, and 5% iron.



Family gatherings allow Barney Jacobson to cook his specialties with great-grandchildren Margaret, Andrew, and Sarah, and their mother, Solveig.

Poached Salmon Steaks with Cucumber Salad

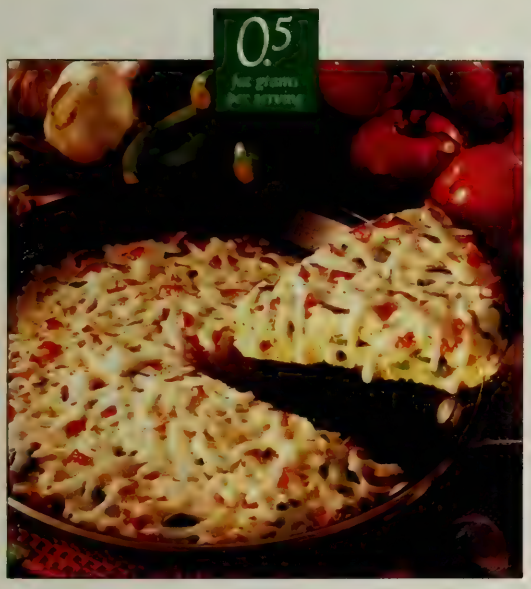
Barney Jacobson, known as Bestefar (Norwegian for Grandfather), honed his poaching skills during 50 years as a volunteer cook for Sons of Norway functions. These days, Bestefar Jacobson fixes his salmon specialty for smaller crowds at family gatherings.

- 4 fresh or frozen salmon steaks, ¾ inch thick (about 1¼ lb. total)
- 2 cups water
- 1 Tbsp. salt
- 1 Tbsp. white vinegar
- Fresh ground pepper
- Fresh dill sprigs (optional)

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Garlic Lovers Frittata

- 1½ cups frozen diced potato, peppers and onions, thawed
- Vegetable oil spray
- ¼ tsp salt
- ¼ tsp pepper
- 2 tbsp ripe black olive slices, optional
- 1 cup thin zucchini slices, quartered
- 1½ cups (6 oz.) Healthy Choice Garlic Lovers Shredded Cheese
- 1 cup chopped tomato
- 2 cups (16 oz.) Egg Beaters®

Microwave potatoes 3 to 5 minutes on high, or until hot; drain. Spray 10" non-stick, oven-safe skillet (or pie pan) with vegetable oil spray. Layer potatoes, salt, pepper, zucchini, 1 cup cheese, and tomato in skillet. Shake egg substitute; pour over vegetables in skillet. Bake 25 minutes at 350°. Top with remaining cheese; cover with foil. Continue baking 5 minutes or until center is set. Cool slightly before serving.

Yields 6 servings. *Nutrition information per serving: 108 calories, 0 mg cholesterol, 477mg sodium, 0.5g fat.*

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Melted butter (optional)
1 recipe Cucumber Salad
1 recipe Parslied New Potatoes

Thaw fish, if frozen. Rinse fish and pat dry with paper towels; set aside. In a 10-inch skillet combine water, salt, and vinegar. Bring to boiling; add fish steaks. Return to boiling; reduce heat. Cover and simmer for 8 to 10 minutes or till fish flakes easily with a fork.

Remove fish from skillet; discard poaching liquid. Place fish on a platter; sprinkle with ground pepper. If desired, garnish with dill sprigs and serve with melted butter. Serve with Cucumber Salad and Parslied New Potatoes. Makes 4 servings.

Nutrition facts per serving (without salad or potatoes): 129 cal., 5 g total fat (1 g sat. fat), 25 mg chol., 351 mg sodium, 0 g carbo., 0 g fiber, 20 g pro. Daily Values: 2% vit. A, 0% vit. C, 1% calcium, 6% iron.

Cucumber Salad: In a medium bowl whisk together 1 cup sugar, ½ cup vinegar, 1 teaspoon salt, 1 teaspoon celery seed, and 1 teaspoon snipped fresh dillweed. Stir in 2 cups thinly sliced cucumbers. Toss to coat with marinade. Cover and chill 2 hours. Serve with slotted spoon. Makes 4 side-dish servings.

Nutrition facts per serving: 105 cal., 0 g total fat, 0 mg chol., 268 mg sodium, 28 g carbo., 1 g fiber, and 0 g pro. Daily Values: 1% vit. A, 4% vit. C, 1% calcium, and 3% iron.

Parslied New Potatoes

New potatoes have a delicate taste that adds just the right touch to a meal with subtle flavors.

10 to 12 whole tiny new potatoes (1 lb.)
2 Tbsp. margarine or butter, cut up
2 Tbsp. snipped parsley
Salt
Pepper

Scrub potatoes thoroughly with a stiff brush. Cut potatoes into halves or quarters.

In a medium saucepan cook potatoes, covered, in a small amount of boiling, lightly salted water for 10 to 15 minutes or till tender; drain. Return to saucepan.

Add the margarine or butter and parsley to the hot potatoes, tossing gently to melt margarine and coat potatoes. Season to taste with salt and pepper. Serve with Bestefar's Poached Salmon Steaks. Makes 4 side-dish servings.

Nutrition facts per serving: 161 cal., 6 g total fat (1 g sat. fat), 0 mg chol., 110 mg sodium, 25 g carbo., 1 g fiber, and 3 g pro. Daily Values: 8% vit. A, 28% vit. C, 1% calcium, and 13% iron.

Bestefar's Favorite Cookies

We've added an orange-flavored icing to update a family recipe that dates back at least 50 years.

2¾ cups all-purpose flour
2 tsp. ground cinnamon
1 tsp. baking soda
¼ tsp. salt
1½ cups raisins or chopped pitted dates
1 cup coarsely chopped pecans or walnuts
1 cup butter, softened
1½ cups packed brown sugar
3 eggs
1 Tbsp. finely shredded orange peel
2 Tbsp. fresh orange juice
1 recipe Orange Icing

In a medium bowl stir together flour, cinnamon, baking soda, and salt. Stir in raisins or pitted dates and pecans or walnuts; set aside.

In a large mixing bowl beat butter and brown sugar with an electric mixer on medium to high speed till well combined. Add eggs, 1 at a time, beating well after each. Beat in the orange peel and about half of the flour mixture. Add orange juice and remaining flour mixture, beating till combined.

Drop by rounded teaspoons 2 inches apart on a greased or parchment-lined cookie sheet. Bake in a 375° oven for 8 to 10 minutes or till edges are golden. Cool on wire rack. Frost with Orange Icing. Makes about 5 dozen.

Orange Icing: In a mixing bowl combine 2 cups sifted powdered sugar, ½ teaspoon finely shredded orange peel, and 1 to 2 tablespoons orange juice to make a spreading consistency.

Nutrition facts per cookie: 103 cal., 5 g total fat (2 g sat. fat), 19 mg chol., 66 mg sodium, 15 g carbo., 0 g fiber, and 1 g pro. Daily Values: 3% vit. A, 0% vit. C, 0% calcium, and 3% iron.

Hjortetakk Bakkels (Reindeer Antler Cookies)

With a little imagination you can see the head of a reindeer, complete with antlers, in the finished cookie. Gather the family, as Barney Jacobson does, to create an assembly line for shaping these Norwegian treats.

1½ tsp. dairy sour cream
½ tsp. baker's dry ammonia* or baking powder
2 eggs
½ cup sugar
¼ cup butter, melted
1 Tbsp. rum or brandy
1½ tsp. ground cardamom
½ tsp. lemon extract
2 cups sifted cake flour
Cooking oil for deep-fat frying
Sifted powdered sugar (optional)

If using dry ammonia, place sour cream in a small bowl. Stir in dry ammonia; set aside. In a large bowl combine eggs, sugar, melted butter, rum or brandy, cardamom, lemon extract, and dry ammonia mixture or baking powder and 1½ teaspoons sour cream. Beat with an electric mixer on medium speed just till

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combined. Stir in cake flour. Cover and chill overnight.

On a lightly floured surface, roll about 2 tablespoons of dough at a time into a 15-inch-long rope (see photo, *below*). Cut into three 5-inch-long ropes. Using one rope per cookie, cross one end of rope over the other about 1 inch from each end to form a circle with "antlers" (see photo, *below*). Press dough firmly together where ends meet. Keep dough chilled and work with only a few pieces of dough at a time to prevent it from becoming sticky.

In a heavy, deep, 3-quart saucepan or deep-fat fryer, heat oil to 375°. Using a spoon, carefully add 4 or 5 cookies at a time to hot oil. Fry for 30 seconds on each side or till golden, turning once with a slotted spoon. Carefully remove cookies from hot oil with slotted spoon.



For Hjortetakk Bakkels, roll about 2 tablespoons of dough into a 15-inch-long rope.



Form the reindeer cookie by crossing one end of the rope over the other, forming a circle with two "antlers."

Drain cookies on paper towels. Dust with sifted powdered sugar, if desired. Repeat with remaining cookies. Makes about 60 cookies.

*Baking ammonia was the typical leavening agent for baking in Norway in the early part of the century. It's available today in most pharmacies.

Nutrition facts per cookie: 46 cal., 3 g total fat (1 g sat. fat), 9 mg chol., 13 mg sodium, 5 g carbo., 0 g fiber, and 1 g pro. Daily Values: 1% vit. A, 0% vit. C, 0% calcium, and 1% iron.



Odessa Sain Moore is never short of helpers when her great-grandchildren Dionna, Dominique, Ciara, and Destiny come calling.

Sweet Potato Casserole

Children, grandchildren, and great-grandchildren never fail to ask for this casserole on Sunday gatherings at Odessa Sain Moore's house. To get a chunky, down-home texture, gently break up the sweet potatoes with a wooden spoon instead of mashing them.

- 1½ lb. sweet potatoes
- ½ cup granulated sugar
- ½ cup milk
- 1 beaten egg
- 3 Tbsp. butter, cubed
- 1 tsp. vanilla
- ½ cup packed brown sugar
- ⅓ cup all-purpose flour
- 2 Tbsp. butter
- ½ cup pecan pieces
- Pecan halves (optional)



Sweet Potato Casserole with crunchy pecans is comfort food at its best.

Scrub and peel sweet potatoes. Cut off and discard woody portions and ends. Cut potatoes into cubes. Cook, covered, in a small amount of boiling water for 25 to 35 minutes or till tender. Drain.

Combine hot sweet potatoes, granulated sugar, milk, egg, the 3 tablespoons butter, and vanilla. With a wooden spoon, stir to break up potatoes but not completely mash them. Put mixture into a greased 2-quart square baking dish. Combine brown sugar and flour; cut in the 2 tablespoons butter till mixture resembles coarse crumbs. Stir in pecan pieces and sprinkle crumb mixture on top of potatoes. Bake, uncovered, in a 350° oven about 25 minutes or till set. Garnish with pecan halves, if desired. Makes 8 side-dish servings.

Nutrition facts per serving: 302 cal., 13 g total fat (5 g sat. fat), 47 mg chol., 98 mg sodium, 45 g carbo., 3 g fiber, and 4 g pro. Daily Values: 153% vit. A, 27% vit. C, 4% calcium, and 6% iron.

continued on page 260

If the Mediterranean can awaken the senses and nourish the spirit, just imagine what it can do for your pasta.



to grandmother's house we go

continued from page 258

Dill Bread

Years ago, Joan Gerberding and her granddaughter Katherine were making bread together when nap time intervened. Joan told the 2-year-old the bread also had to take a nap. They covered the dough and when nap time was over, the toddler was delighted to see the bread had risen, too.

- 1 pkg. active dry yeast
- ¼ cup warm water (105° to 115°)
- 1 Tbsp. sugar
- 1 cup cream-style cottage cheese
- 1 Tbsp. sugar
- 1 Tbsp. minced dried onion
- 1 Tbsp. butter or margarine
- 2 tsp. dried dillseed
- 1 tsp. salt
- ¼ tsp. baking soda
- 1 slightly beaten egg
- 2¼ to 2½ cups bread flour or all-purpose flour
- ½ tsp. dried dillseed

In a small bowl combine the yeast, warm water, and the 1 tablespoon sugar. Set aside to dissolve yeast.

Meanwhile, in a medium saucepan combine cottage cheese, the 1 tablespoon sugar, the dried onion, the 1 tablespoon butter or margarine, the 2 teaspoons dillseed, salt, and baking soda. Heat and stir just till mixture is warm (120° to 130°) and butter or margarine almost melts. Remove from heat.

In a large bowl combine the dissolved yeast mixture, cottage cheese mixture, and egg. Using a wooden spoon, stir in as much of the flour as you can.

Turn the dough out onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately soft dough that is smooth and elastic (3 to 5 minutes total). Shape dough into a ball. Place dough in a lightly greased bowl, turning once to grease surface of dough.



This Dill Bread is from a 1973 issue of *Better Homes and Gardens*® magazine.

Cover and let dough rise in a warm place 50 to 60 minutes or till double in size. Punch dough down. Turn dough out onto a lightly floured surface. Shape dough by patting or rolling it into a 7-inch round loaf or an 8x4-inch loaf.

Place the round-shaped dough into a greased 1½-quart casserole dish or the loaf into a lightly greased 9x5x3-inch loaf pan. Cover and let the dough rise in a warm place till nearly double in size (30 to 40 minutes).

Brush dough with 1 teaspoon of the melted butter or margarine. Sprinkle brushed surface with the ½ teaspoon dillseed.

Bake bread in a 350° oven for 40 to 45 minutes or till golden brown and bread sounds hollow when you tap the top of the bread with your fingers. (If necessary, cover the bread loosely with foil the last 15 minutes of baking to prevent overbrowning.)

Immediately remove bread from dish or pan. Cool on wire rack. Slice bread to serve. Makes 1 large loaf (16 servings).

Nutrition facts per serving: 108 cal., 2 g total fat (1 g sat. fat), 18 mg chol., 223 mg sodium, 17 g carbo., 1 g fiber, and 5 g pro. Daily Values: 2% vit. A, 0% vit. C, 1% calcium, and 6% iron.

continued on page 262



They Say The Measure Of A Good Cook Is How Much Time You Put Into A Meal.

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Good Cooks Cook With Uncle Ben's

my grandmother's house we go

continued from page 260

Corn Pudding

This flavorful side dish from Odessa Sain Moore can easily double as a dessert. It also makes a wonderful accompaniment to ham and tender dinner rolls.

- 1 15¼-oz. can whole kernel corn, drained
- 1 14¾-oz. can cream-style corn
- 1 cup milk
- 2 beaten eggs
- ¼ cup margarine or butter, melted
- ¼ tsp. pepper
- ½ cup cornmeal

In a large mixing bowl combine whole kernel corn, cream-style corn, milk, eggs, melted margarine or butter, and pepper. Add cornmeal; stir till moistened.



Ingredients from your pantry make it easy to create this tummy-pleasing Corn Pudding.

Pour corn mixture into a 2-quart casserole. Bake casserole in a 350° oven for 50 to 55 minutes or till lightly browned and set in the center. Makes 8 side-dish servings.

Nutrition facts per serving: 183 cal., 8 g total fat (2 g sat. fat), 56 mg chol., 364 mg sodium, 25 g carbo., 2 g fiber, 5 g pro. Daily Values: 12% vit. A, 9% vit. C, 4% calcium, 7% iron.

the clever cook™

Each month in this column, you'll find tips from other good cooks. See "Be a Clever Cook" (*right*) to find out how you can earn money for sharing your favorite cooking secrets with us.

Meat Loaf Without the Mess

Mixing together a meat loaf is a snap when you use a pastry blender to combine the ground meat with the rest of the ingredients. Your hands stay clean this way.

Barbara A. Dunbar, South Yarmouth, Mass.

Make Your Own Flour Shaker

Fill a clean, empty spice jar with flour and keep it on hand in the kitchen. The jar's shaker top makes it easy to sprinkle flour whenever it's called for in a recipe. I use mine to flour baking pans and to coat meat or fish before browning.

Jackie Opon, Rockford, Ill.

A Crumby Solution

Put your leftover rolls and bread crusts to good use by turning them into soft crumbs in your food processor. Store the crumbs in a freezer container and keep them in the freezer. Use the crumbs plain in recipes or make seasoned bread crumbs. Just combine 2 cups of bread crumbs with ¼ cup grated Parmesan cheese, 2 tablespoons dried parsley flakes, and ½ teaspoon garlic powder. The seasoned crumbs are great on top of a green bean casserole when mixed with a little melted butter.

Angela Thomas, Indian Springs, Ohio

BE A CLEVER COOK

The food editors of *Better Homes and Gardens*® magazine invite you to send us your niftiest kitchen tips. We're looking for original ideas that make cooking easier, more healthful, or more rewarding for you and your family. We will pay $25 for each published tip. Please send tips to: The Clever Cook, BH&G Food Department, 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited for space. All letters become the property of *Better Homes and Gardens*® magazine.

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RO•TEL BAKED RIGATONI WITH MUSHROOMS

1 pound rigatoni, uncooked
1 tablespoon olive oil
2 cloves garlic, minced
2 cups (about 6 oz) sliced fresh mushrooms
1 can (28 oz) crushed tomatoes
2 cans (10 oz each) RO•TEL, undrained
1/2 cup part-skim ricotta cheese
1 cup part-skim shredded mozzarella cheese

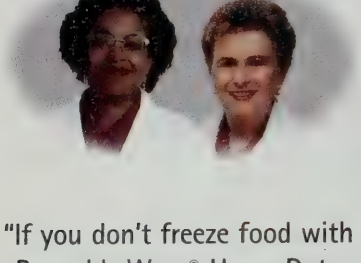
Heat oven to 375°F. Cook pasta according to package directions. Drain; return to pot. In a large skillet cook garlic in hot oil for 1 minute. Add mushrooms; cook 3 minutes. Add tomatoes and RO•TEL. Heat to a boil; reduce heat and cover. Stirring occasionally, simmer 15 minutes. Stir sauce, ricotta cheese and half of mozzarella into pasta. Pour into a 13x9x2-inch baking dish. Sprinkle with remaining mozzarella. Cover; bake 20 minutes or until heated through. Makes 6 servings.

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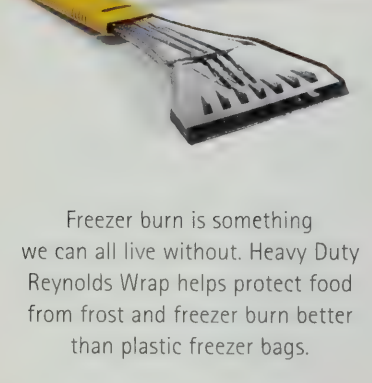
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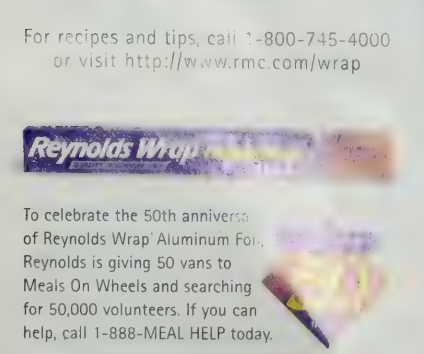
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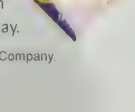
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These marmalade-glazed chicken rolls prove that beautiful food can be simple to make. All you need is six ingredients and a few minutes to roll them and cook them.

Chicken in a Hurry

No need to scurry when you have a microwave oven on dinnertime standby. It cooks these vegetable-stuffed chicken breasts in just 10 minutes. The flavor accenting this dinner for four is curry, tempered with sweet marmalade.

ORANGE-GLAZED CHICKEN ROLLS

Fill, cook, and chill rolls the night before, then reheat in the microwave.

- 2 medium carrots, peeled
- 1 medium yellow, red, or green sweet pepper, cut into strips
- 4 medium skinless, boneless chicken breast halves (12 oz.)
- 2 tsp. margarine or butter
- ¼ tsp. curry powder
- ¼ cup orange marmalade

Halve carrots crosswise; cut lengthwise into 8 sticks total. In a 1-quart microwave-safe casserole cook carrots in ¼ cup water, covered, on 100% power (high) 2 minutes or till crisp-tender. Stir in peppers; cook, covered, on high 1 minute more. Drain and set aside.

Rinse chicken; pat dry. Place, boned side up, between 2 pieces of plastic wrap. Pound lightly with a meat mallet to ¼-inch thickness.

In a custard cup combine margarine or butter and curry powder. Cook, uncovered, on high for 30 to 40 seconds or till melted; brush one side of chicken. Place carrots and peppers crosswise on short ends of chicken pieces; roll up. Secure the rolls with wooden toothpicks.

Arrange rolls, seam side down, in a 2-quart square microwave-safe baking dish. Cover with microwave-safe plastic wrap, leaving a corner vented to allow steam to escape. Cook on high for 5 to 7 minutes or till meat is no longer pink, rearranging pieces of chicken after 3 minutes.

For glaze, in a custard cup cook marmalade, uncovered, on high for 30 to 45 seconds or till marmalade is melted. Spoon over chicken. Makes 4 servings.

Nutrition facts per serving: 192 cal., 4 g total fat (1 g sat. fat), 45 mg chol., 99 mg sodium, 21 g carbo., 0 g fiber, 17 g pro. Daily Values: 164% vit. A, 60% vit. C, 4% calcium, 7% iron.

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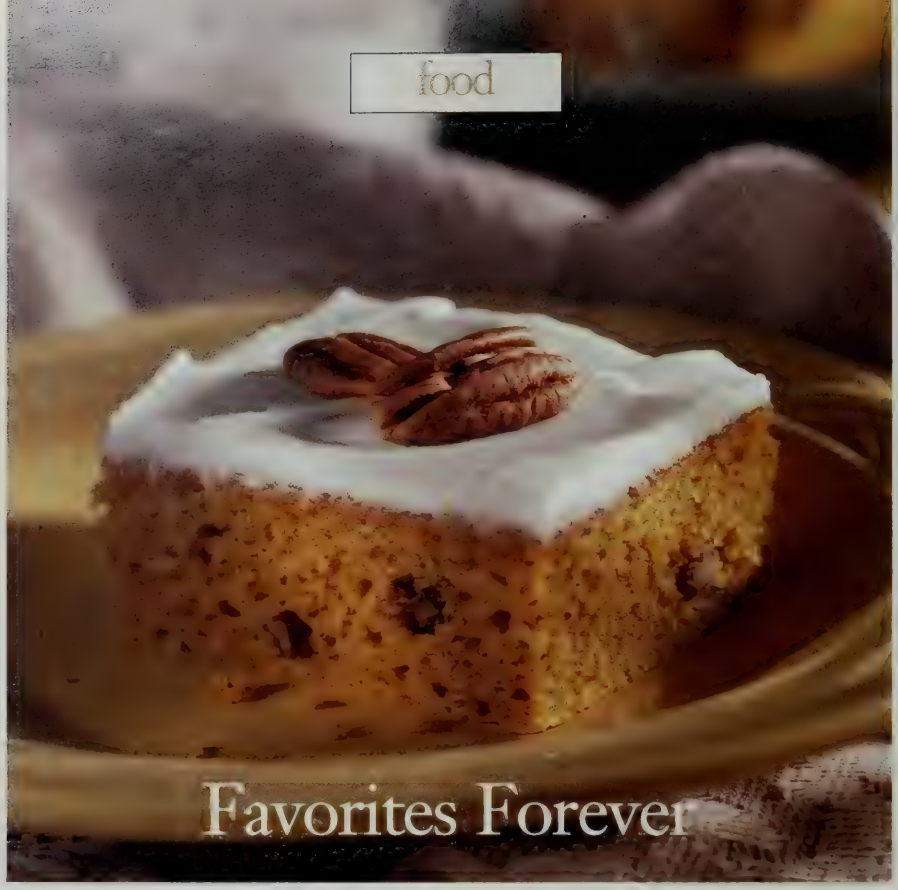
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Favorites Forever

Everyone loves these bars. No occasion is too frivolous to qualify as a reason to bake up a batch.

by Richard Swearinger

Paul's Pumpkin Bars show up at all sorts of special times. Faye Cummins called it "an absolute best recipe" in reply to our appeal for readers' favorite recipes from the last 75 years of *Better Homes and Gardens®* magazine. The Salem, Oregon, teacher said she takes them to school for snack days and to church potlucks. She also serves them at home for parties and holidays. Carol Worsham of Accokeek, Maryland, is another fan: "My family and friends ask for the pumpkin bars from Halloween through Christmas. But I serve the bars for any occasion."

Paul Rainbow, the accountant whose recipe appeared in the "He Cooks" column in November 1976, is now retired and living in Palm Springs, California, a desert resort near Los Angeles. At 83, he doesn't cook much anymore, he says; he's too busy traveling. He's been to all 50 states and 85 foreign countries. "I just got back from the Kentucky Derby, and my horse won," he said when we caught up with him last May.

We asked him if eating his bars played a role in his long and active life. "Naturally," he said. "Pumpkin must be good for you."

Paul's Pumpkin Bars

How do we love these bars? Let Glenna Smith, an Indian Springs, Ohio, reader, count the ways: "They're easy to make, taste great, are very moist, feed a lot of people, and everyone loves the cream cheese frosting."

- 2 cups all-purpose flour
- 2 tsp. baking powder
- 2 tsp. ground cinnamon
- 1 tsp. baking soda
- ¼ tsp. salt
- 4 eggs
- 1 15-oz. can pumpkin
- 1⅔ cups sugar
- 1 cup cooking oil
- ¾ cup chopped pecans (optional)
- 1 recipe Cream Cheese Frosting
- Pecan halves (optional)

In a medium bowl stir together flour, baking powder, cinnamon, baking soda, and salt; set aside. In a large mixing bowl beat together eggs, pumpkin, sugar, and oil. Add the flour mixture; beat till well combined. Stir in chopped pecans, if desired.

Spread batter in an ungreased 15x10x1-inch baking pan. Bake in a 350° oven for 25 to 30 minutes or till toothpick inserted in center comes out clean. Cool on wire rack. Frost with Cream Cheese Frosting. Top with additional pecan halves, if desired. Cut into squares. Store in refrigerator. Makes 24 bars.

Cream Cheese Frosting: In a medium bowl beat together one 3-ounce package cream cheese, softened; ¼ cup butter or margarine, softened; and 1 teaspoon vanilla till fluffy. Gradually add 2 cups sifted powdered sugar, beating till smooth.

Nutrition information per bar: 250 cal., 13 g total fat (4 g sat. fat), 45 mg chol., 147 mg sodium, 31 g carbo., 1 g fiber, 3 g pro. Daily Values: 43% vit. A, 1% vit. C, 3% calcium, 6% iron. ♦

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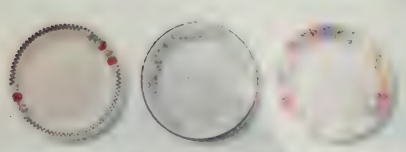
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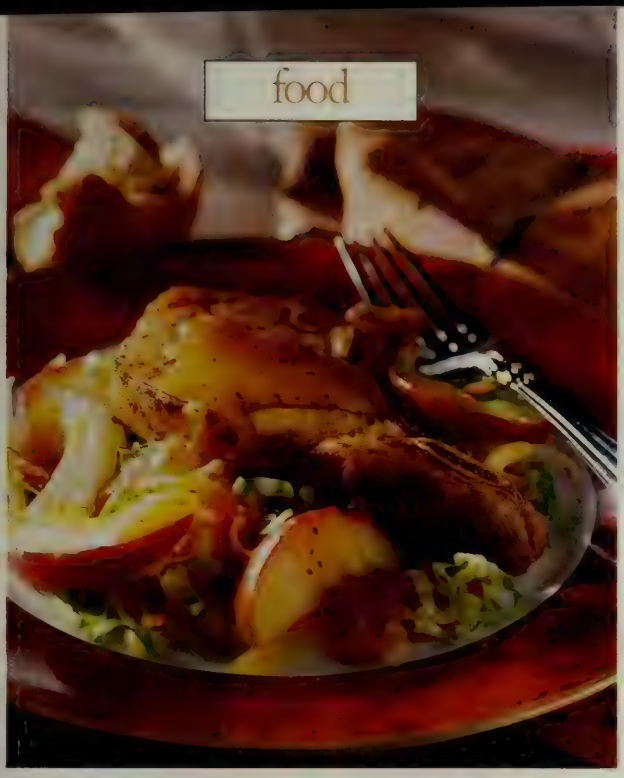


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Cut to the Quick

Fast-cooking cuts of meat take kitchen time to a new low on those busy weeknights. You can sizzle thin chops or steaks in a hot skillet to tender, juicy perfection in less than 20 minutes.

Pork Chops and Cabbage with Cider Gravy

Serve with rolls, noodles, or instant mashed potatoes.

- 4 pork chops, cut ½ inch thick (1¼ lb. total)
- Nonstick spray coating
- 3 cups packaged coleslaw mix or ½ medium head cabbage, shredded (3 cups) and 1 medium carrot, cut up (½ cup)
- 1 medium onion, cut into wedges (¾ cup)
- 1¼ cups apple cider or juice
- 1 Tbsp. cider vinegar
- 2 to 3 tsp. prepared horseradish
- 1 medium red or green apple, cored and sliced (1 cup)
- 1 Tbsp. cornstarch
- 1 tsp. instant beef bouillon granules
- ¼ tsp. pepper

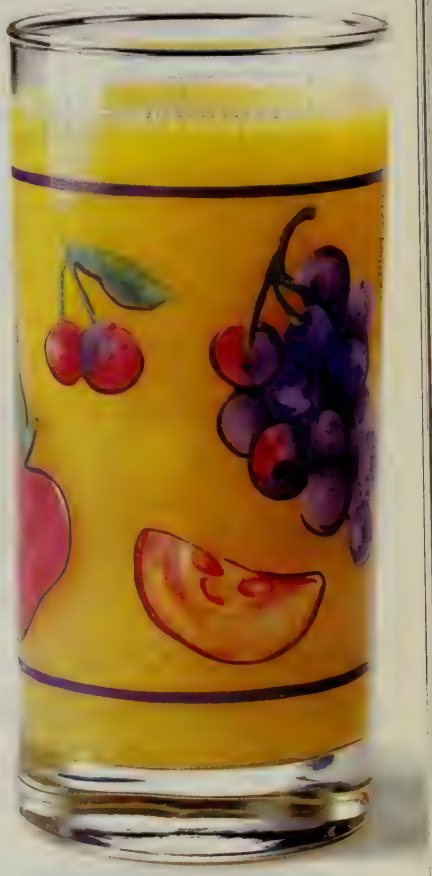
Trim fat from meat. Spray a cold, large skillet with nonstick coating. In the skillet brown chops over medium heat about 4 minutes on each side. Add coleslaw mix or cabbage and carrot, onion, 1 cup of the apple cider or juice, vinegar, and horseradish. Bring to boiling; reduce heat. Cover and simmer mixture for 7 to 8 minutes or till pork is done and cabbage is crisp-tender. Add red or green apple; cook for 2 to 3 minutes more.

Transfer the chops and vegetables to a platter, reserving the liquid in the skillet; keep warm.

For gravy, stir together the remaining ¼ cup apple cider, cornstarch, bouillon granules, and pepper. Stir into liquid in skillet. Cook and stir till thickened and bubbly. Cook and stir for 2 minutes more. Serve with the pork chops and the vegetables. Makes 4 servings.

Nutrition facts per serving: 227 cal., 6 g total fat (3 g sat. fat), 58 mg chol., 308 mg sodium, 21 g carbo., 3 g fiber, and 24 g pro. Daily Values: 50% vit. A, 50% vit. C, 6% calcium, and 8% iron.

Add even more fruit to your meal.



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Hot and Hearty Sandwiches



Sandwiches are the ultimate in casual eating—robust enough for dinner, yet quick and easy to assemble. Slide them under the broiler, as we've done with these two tasty sandwiches.

TUNA MUFFIN MELT

Chances are, the ingredients for the filling are ready and waiting on your pantry shelf. Accompany the sandwich with pickles.

- 1 5-oz. jar cream cheese spread with olives and pimiento or American cheese spread
- 1 6½-oz. can tuna, drained and broken into chunks
- 3 English muffins, split and toasted
- 6 slices tomato, halved
- Pimiento-stuffed olives, quartered or sliced (optional)
- Pickle spears (optional)

In a mixing bowl combine ⅓ cup of the cheese spread and the tuna. Spread tuna mixture onto muffin halves. Place halves on the unheated rack of a broiler pan. Broil 4 inches from the heat about 3 minutes or till sandwiches are heated through.

Top each half with 2 tomato-slice halves and a spoonful of the remaining cheese spread. Broil about 1 minute more or till heated through. Top each sandwich with olives and serve with pickle spears, if desired. Makes 3 main-dish servings.

Nutrition facts per serving: 367 cal., 12 g total fat (7 g sat. fat), 61 mg chol., 1,235 mg sodium, 33 g carbo., 2 g fiber, and 32 g pro. Daily Values: 18% vit. A, 14% vit. C, 46% calcium, and 16% iron.

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*Chorizo (chor-EE-soh) is a highly seasoned pork sausage used in Mexican and Spanish cooking. It can be found with other fresh sausage in supermarkets or in Hispanic grocery stores. To remove the casing from chorizo, slit with a knife lengthwise and peel away. You can use up any leftover chorizo by frying it, then mixing it into scrambled eggs.

NUEVO PORK 'N' BEANS

Add a Mexican accent to a knife-and-fork sandwich by corralling a can of refried beans, chorizo sausage, and cheese.

- 6 oz. spicy chorizo* or bulk Italian sausage, casing removed
- 1 16-oz. can fat-free refried beans
- 1 4½-oz. can diced green chili peppers, drained
- 3 8-inch pieces French bread, split lengthwise and toasted
- ½ medium red sweet pepper, cut into thin strips
- ½ medium green sweet pepper, cut into thin strips
- 2 oz. reduced-fat Monterey Jack cheese, shredded (½ cup)

In a large skillet crumble sausage; cook over medium heat till brown. Drain well in colander; wipe skillet with paper toweling. Return sausage to skillet. Stir in refried beans and chili peppers; heat through. Spread sausage-bean mixture on bottom halves of bread; arrange bread on the unheated rack of a broiler pan. Top with sweet pepper strips and sprinkle with shredded cheese. Broil 4 inches from the heat for 1 to 2 minutes or till the cheese melts. Place toasted bread tops over the filling; cut each portion in half crosswise to serve. Makes 6 main-dish servings.

Nutrition facts per serving: 311 cal., 15 g total fat (6 g sat. fat), 7 mg chol., 865 mg sodium, 53 g carbo., 4 g fiber, and 20 g pro. Daily Values:

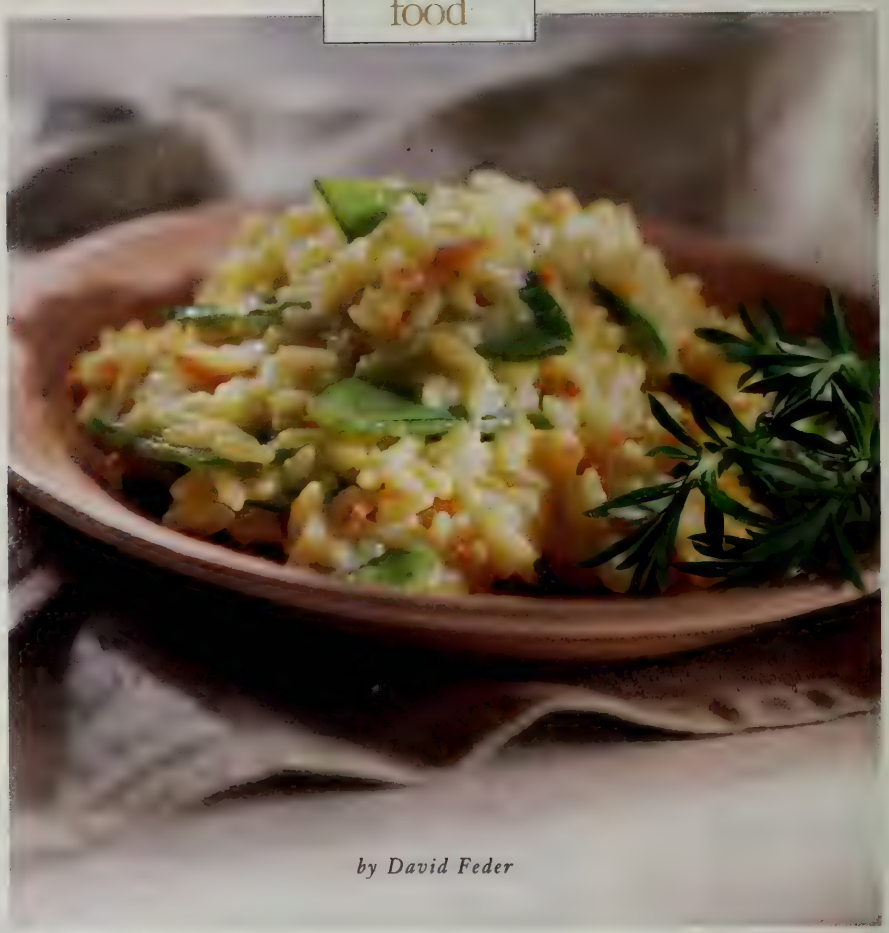
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by David Feder

Can-Do Risotto

Risotto—that rich and creamy Italian-style rice dish—is more popular than ever. Traditional risotto recipes can be high maintenance, calling for constant attention and stirring. This oven-baked version lets you ride the risotto rage without the fuss. It uses just 6 ingredients and needs little tending.

Easy Oven Risotto

Frozen green beans substitute well for snow pea pods. Just stir in the beans during the last 15 minutes of baking.

- 3¼ cups water
- 1 10¾-oz. can condensed cream of chicken with herbs soup or condensed cream of chicken soup
- 1¼ cups uncooked Arborio or medium grain white rice
- 1 small carrot, peeled and shredded (about ⅓ cup)
- ½ cup frozen snow pea pods, bias-cut in half
- ½ cup grated Parmesan cheese
- Fresh rosemary sprigs (optional)

In a 2-quart casserole stir together water, soup, rice, and shredded carrot. Bake, covered, in a 375° oven for 55 to 60 minutes or till rice is tender, stirring twice during baking. Stir in peas the last 5 minutes of baking.

Remove casserole from oven; gently stir in the Parmesan cheese. Let the risotto stand for 10 minutes before serving. Garnish with rosemary sprigs, if desired. Makes 6 side-dish servings.

Nutrition facts per serving: 233 cal., 6 g total fat (3 g sat. fat), 11 mg chol., 563 mg sodium, 36 g carbo., 1 g fiber, and 8 g pro. Daily Values: 21% vit. A, 4% vit. C, 12% calcium, and 14% iron. ♦

The Pearl of the Po Valley

Arborio rice is noted for its short, fat grains and nutty flavor. Grown along the Po River in Northern Italy, this rice is favored for risottos because its starchy kernels cook to a creamy consistency when slowly simmered or baked in water or flavored broth.

Look for arborio rice in large supermarkets or specialty food stores. It's a little more expensive than plain rice, but the texture and flavor make it a worthwhile investment.

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(refrigerator, dishwasher, microwave oven, and range or cooktop/oven; approximate retail value: $5,000)

Monthly Prizes:

Two $400 winners, Two $200 winners, Ten $50 honor rolls

May 1998 Categories

Spring Vegetables: Please pass the peas, or the asparagus, or any other springtime veggies. Tell us how you highlight their freshness and flavor by serving them solo or in combination with pasta or other non-meat ingredients.

Asian Favorites: Whether it's a soup, a side dish, a main course, or a dessert you enter, our judges want to see an Asian influence. Show off your ethnic expertise with anything from adzuki beans to wonton skins.

This Month's Winners—Pages 277 and 278

$400 Winners: Jennifer Dunklee, Oneonta, N.Y.; Mary A. Wirth, White Hall, Va.

$200 Winners: Susan Angelotti, Erie, Pa.; Beverly A. Gietzen, Pismo Beach, Calif.

$50 Honor Roll Winners: Susan Banks, Seattle, Wash.; Mike Jackson, Parker, Colo.; Gayle Johnson, Pleasanton, Calif.; Marcy Kaminski, Longmeadow, Mass.; Mary Louise Lever, Rome, Ga.; Dorothy Michel, Bellevue, Wash.; Shelly Platten, Amherst, Wis.; Ginnie L. Prater, Jacksonville, Ala.; Carole Resnick, Cleveland, Ohio; Stephanie Watts, Old Hickory, Tenn.

Contest Rules: 1. The contest is open to legal U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and their immediate families. 2. With each entry, clearly print or type your name, address, phone number, and recipe marked "May Spring Vegetables" or "May Asian Favorites." Specify brands and recipe origin. 3. Address recipes to 9805 Food Department, *Better Homes and Gardens®*, Des Moines, IA 50309-3023. 4. Entries must be postmarked by October 24, 1997, and received by October 31, 1997. 5. Monthly winners will be selected about 60 days later, then notified by mail. Winners must sign affidavit and release. The annual grand prize winner will be selected from 1998 top winners on or about October 1, 1998, and will be notified by mail. The grand prize winner will choose up to $5,000 worth of General Electric Profile appliances from a local dealer at the dealer's then-current retail prices. Any applicable sales tax, delivery charges, or additional costs will be included in the $5,000 prize. Cash will not be offered in lieu of prizes. 6. Entries must be your original recipes. No previously published recipes. They will be judged on creativity, taste, and practicality by *BH&G®* editors. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use winner's name and hometown for editorial and promotional purposes, except where prohibited by law.

Nutrition Information

HOW TO MAKE IT WORK FOR YOU

With each recipe, we give important nutrition information. The calorie count of each serving and the amount, in grams, of fat, saturated fat, cholesterol, sodium, carbohydrates, fiber, and protein will help you keep tabs on what you eat.

You can check the levels of each recipe serving for vitamin A, vitamin C, calcium, and iron. These are noted in percentages of the Daily Values. The Daily Values are dietary standards determined by the Food and Drug Administration (FDA).

How we analyze

We omit optional ingredients from the analysis. The analysis is calculated using two percent milk.



Our seal assures you that every recipe has been tested in the *Better Homes and Gardens®* Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

When ingredient choices appear in a recipe (such as margarine or butter), we use the first one mentioned for analysis. The ingredient order does not mean we prefer one ingredient over the other.

We use the first serving size listed when a range is given.

What you need

Calories: About 2,000
Total fat: Less than 65 grams
Saturated fat: Less than 20 grams
Cholesterol: Less than 300 milligrams
Carbohydrate: About 300 grams
Sodium: Less than 2,400 milligrams
Dietary fiber: 20 to 30 grams

Use our analyses to chart the nutrition value of the foods you eat. The dietary guidelines above suggest the levels of nutrients that moderately active adults should strive to eat each day. There is no real harm in going over or under these guidelines in any single day, but it is a good idea to aim for a balanced diet over time.



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PRIZE TESTED RECIPES®

see page 274 for details



$400 WINNER

Jennifer Dunklee, Oneonta, N.Y., in the 30-Minute Dinners category.
October 1997

Spicy Stir-Fried Chicken with Cashews

Wear plastic gloves when handling chili peppers to protect your skin from oils that burn.

- 2 Tbsp. oyster-flavored sauce
- 1 Tbsp. fish sauce or soy sauce
- 1 Tbsp. brown sugar
- 2 tsp. cornstarch
- ⅓ cup water
- 12 oz. skinless, boneless chicken breast halves
- 2 Tbsp. cooking oil
- 1 medium onion, sliced
- 2 to 4 fresh red chili peppers, seeded and cut into thin strips
- 1 clove garlic, minced
- ½ cup unsalted or lightly salted roasted cashews
- Hot cooked rice

In a small bowl combine oyster-flavored sauce, fish sauce or soy sauce, brown sugar, and cornstarch. Stir in water; set aside. Rinse chicken and pat dry. Cut into bite-size strips; set aside. In a large skillet or wok heat oil over medium-high heat. Add onion and stir-fry 1 minute. Add peppers and garlic and stir-fry 1 to 2 minutes more or till onion is crisp tender. Remove with slotted spoon and set aside. Add chicken to wok. Stir fry 3 to 4 minutes or till chicken is no longer pink. Push chicken from center of wok. Stir sauce; add to skillet. Cook and stir till thickened and bubbly. Return onion, chili peppers, and garlic to skillet. Cook and stir 1 minute more. Stir in cashews. Serve over hot cooked rice. Makes 4 servings.

Nutrition facts per serving: 444 cal., 18 g total fat (3 g sat. fat), 47 mg chol., 549 mg sodium, 48 g carbo., 2 g fiber, and 23 g pro. Daily Values: 1% vit. A, 21% vit. C, and 22% iron.

Photographs: Scott Little
Buying information, page 280

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PRIZE TESTED RECIPES®

see page 274 for details



$400 WINNER

Mary A. Wirth, White Hall, Va., in the Coffee Cakes category.
October 1997

Sherried Date Coffee Cake

This buttery-rich treat is an adaptation of a favorite Norwegian recipe.

- ½ cup chopped dates
- 3 Tbsp. cream sherry
- ½ cup finely chopped pecans
- ⅓ cup packed brown sugar
- ¼ cup granulated sugar
- 1 tsp. ground cinnamon
- 1 Tbsp. margarine or butter, softened
- 1 cup granulated sugar
- ¼ cup margarine or butter, softened
- 1 egg
- 1 8-oz. carton dairy sour cream
- 1 Tbsp. cream sherry
- 2 cups all-purpose flour
- 1 tsp. *each* baking soda, baking powder, and salt
- 1 recipe Sherry Glaze

In a small bowl combine dates and the 3 tablespoons of sherry. Cover and let stand for 10 minutes. In another small bowl combine pecans, brown sugar, the ¼ cup granulated sugar, cinnamon, and the 1 tablespoon margarine or butter. Stir in date mixture. Set aside.

In a bowl beat the 1 cup granulated sugar, the ¼ cup margarine or butter, and egg with an electric mixer till smooth. Beat in sour cream and the 1 tablespoon sherry. Combine flour, baking soda, baking powder, and salt; add to sour cream mixture. Beat till well combined. In a greased 8x8x2-inch baking pan spread half the sour cream batter. Top with half the date mixture. Top with remaining batter, then date mixture. Bake in a 375° oven for 40 to 45 minutes or till toothpick inserted near center comes out clean. To prevent overbrowning, cover cake with foil for last 15 minutes of baking. Cool slightly.

Sherry Glaze: In a saucepan combine 2 tablespoons margarine, 2 tablespoons water, and ¼ cup sugar. Cook and stir till bubbly. Reduce heat; simmer for 5 minutes. Remove from heat; stir in 2 tablespoons sherry. Drizzle glaze over coffee cake. Makes 12 servings.

Nutrition facts per serving: 359 cal., 14 g total fat (4 g sat. fat), 26 mg chol., 411 mg sodium, 54 g carbo., 1 g fiber, and 4 g pro. Daily Values: 13% vit. A, 6% calcium, and 9% iron.

PRIZE TESTED RECIPES®

see page 274 for details

$200 WINNER

Susan Angelotti, Erie, Pa., in the Coffee Cakes category.
October 1997



Double-Coffee Coffee Cake

Rich coffee flavor percolates through this cake, perfect for brunch or a midmorning break.

- 4 tsp. instant coffee crystals
- 2 tsp. hot water
- 1 cup chopped walnuts
- ¼ cup granulated sugar
- ¼ cup packed brown sugar
- 2 tsp. ground cinnamon
- 2 tsp. instant coffee crystals
- 3 cups all-purpose flour
- 1½ tsp. baking powder
- 1½ tsp. baking soda
- ½ tsp. salt
- ¾ cup margarine or butter
- 1¾ cups granulated sugar
- 1 8-oz. carton dairy sour cream
- 3 eggs
- ¼ cup buttermilk
- ¼ cup applesauce
- 1 tsp. vanilla
- Sifted powdered sugar (optional)

In a small bowl dissolve the 4 teaspoons coffee crystals in hot water. In a medium bowl combine walnuts, the ¼ cup granulated sugar, brown sugar, cinnamon, and remaining coffee crystals; set aside. Combine flour, baking powder, baking soda, and salt; set aside. In a large bowl beat margarine or butter with an electric mixer on medium speed for 30 seconds. Add the 1¾ cups granulated sugar. Beat till light and fluffy. Add sour cream, eggs, buttermilk, applesauce, vanilla, and reserved coffee-water mixture; beat well. Add flour mixture, a little at a time, beating well after each addition. Pour half the batter into a greased and floured 10-inch fluted tube pan. Sprinkle with 1 cup of the nut mixture. Top with remaining batter; sprinkle with remaining nut mixture. Bake in a 350° oven for 50 minutes or till a wooden toothpick inserted near center comes out clean. Cool 10 minutes; remove from pan. If desired, sift powdered sugar on top. Makes 12 servings.

Nutrition facts per serving: 483 cal., 23 g total fat (6 g sat. fat), 62 mg chol., 461 mg sodium, 64 g carbo., 1 g fiber, 7 g pro. Daily Values: 21% vit. A, 8% calcium, and 14% iron.

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$200 WINNER

Beverly A. Gietzen, Pismo Beach, Calif., in the 30-Minute Dinners category.
October 1997



Sausage Stew Pot

A serving of this hearty dish is a great chill-chaser on cool fall days.

- 1 Tbsp. cooking oil
- 1 lb. fully cooked Polish sausage, halved lengthwise and sliced
- 1 large onion, halved and sliced
- 8 oz. sliced fresh mushrooms
- 1 medium yellow, red, or green pepper, cut into strips
- 1 clove garlic, minced
- 4 cups water
- 2 cups shredded cabbage
- 1 cup dry lentils, rinsed and drained
- 2 Tbsp. rice vinegar
- 1 Tbsp. brown sugar
- 2 tsp. chicken bouillon

In a large pot heat oil. Cook the sausage, onion, mushrooms, pepper strips, and garlic in the oil for 5 minutes or till vegetables are just tender. Add the water, cabbage, lentils, vinegar, brown sugar, bouillon, and *⅛ teaspoon freshly ground black pepper*. Bring to boiling; reduce heat. Cover and simmer 15 to 20 minutes or till vegetables and lentils are tender. Makes 5 main-dish servings.

Nutrition facts per serving: 399 cal., 32 g total fat (9 g sat. fat), 61 mg chol., 1,281 mg sodium, 17 g carbo., 3 g fiber, 16 g pro. Daily Values: 13% vit. A, 92% vit. C, 19% iron.



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Buying guide
SHOPPING

Most of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, write the manufacturers listed below.

STYLE IN THE MAKING: WORDS TO LIVE BY
Page 30: duvet fabric, "Pen Pal" (Chamois), #661594—Waverly; 800/423-5881. **Green organdy ribbon** (Kiwi, 47)—Midori, Inc., 3524 West Government Way, Seattle, WA 98199; 206/282-3595. **Table and chair**—antique.
Page 32: chalkboard paint—Crayola Paints; for a dealer near you call 800/972-4685. **Wallpaper,** from the Simple Living Collection—Seabrook Wallcoverings, Inc., 1325 Farmville Rd., Memphis, TN 38122; 800/238-9152.
Page 34: wallpaper border, from the For Men Only Collection—Imperial Wallcoverings; for a dealer near you call 800/222-3700. **Black parson's chair,** SC045—Ballard Designs, 1670 DeFoor Ave., NW, Dept. Edit MAGA '97, Atlanta, GA 30318; 800/367-2775. **Corkboard**—available from lumberyards nationwide. **Table**—antique. **Recycled wastebasket,** 406955 (discontinued, similar styles available)—Organized Living; 800/862-6556. **Computer,** "Aptiva"—IBM Consumer Div.; for more information call 800/426-7235, ext. 4340; http://www.us.pc.ibm.com/aptiva. **Five-drawer storage unit,** 1535080—Pier 1 Imports; 800/447-4371.
Page 36: wallpaper, 854309, from the Meadow Lane Collection—Westmount Wallcoverings; for a dealer near you call 905/791-8788. **Java chair,** 1598284; **Java side table,** 1598297; **pillow,** "Script"—Pier 1 Imports; 800/447-4371.

LEGS
Page 48: rectangular dining table, 12-6404 (Blonde, 222); **(*left*): bow-back side chair,** 15-6400 (Natural, 255); **(*right*): oval back side chair,** 20-7019-5 (Blonde, 222)—Ethan Allen; for a store near you call 800/228-9229.
Page 50: rectangular dining table, 23-6024 (Antique White and Weathered Pine, 672); **(*left*): bow-back armchair,** 23-6002A (Weathered Pine, 223); **(*right*): side chair,** 23-6000 (Antique White, 670)—Ethan Allen; for a store near you call 800/228-9229.
Page 52: rectangular dining table, 11-6424 (Vintage, 225); **(*left*): Chippendale side chair,** 22-6540 (Mahogany, 252); **chair fabric,** 35533; **(*right*): side chair,** 10-6830—Ethan Allen; for a store near you call 800/228-9229.
Page 54: rectangular dining table, 26-6324 (Fruitwood, 236); **(*bottom left*): whitewashed armchair,** 13-7118-5; **chair fabric,** 03-7620; **(*middle inset*): ladder-back side chair,** 26-6310 (Fruitwood, 236)—Ethan Allen; for a store near you call 800/228-9229.

DECORATING SHOP
Page 56: Home Is Where the Heart Is Sampler Kit—Banar Designs, P.O. Box 483, Fallbrook, CA 92088.

THEY'RE BACK
Page 58: window seat cushion fabric—Regency House, 2 Henry Adams St., San Francisco, CA 94103; 415/864-1500. **Wing chair fabric**—Schumacher, 79 Madison Ave., New York, NY 10016-7878; 800/552-9255. **Pillows made from assorted small fabrics**—Sloan Miyasato, Old World Weavers, 2 Henry Adams St., San Francisco, CA 94103; 415/431-1465. **Pillow design**—Carla Zak, Design Room, P.O. Box 17, Sonoma, CA 95476; 707/935-3459.
Page 60 (*top*): mudroom tile—Country Floors, Inc., 8735 Melrose Ave., Los Angeles, CA 90069. **(*Bottom*): solid-surface material** (Cameo White)— DuPont Corian, Chestnut Run Plaza, P.O. Box 80702, Wilmington, DE 19880-0702; 800/426-7426. **Faucet**—Delta Faucet Co., 55 E. 111th St., Indianapolis, IN 46280; 800/345-3358. **Custom cabinets,** "Select White Maple"—B. Hayes Custom Cabinets, 6315 S.E. Holgate, Portland, OR 97206; 503/771-5752.
Page 62: sink, faucet—Franke, Inc., Kitchen Systems Div., 212 Church Rd., North Wales, PA 19454; 800/626-5771. **Bar refrigerator**—Sub-Zero Freezer Co., Inc., P.O. Box 4130, Madison, WI 53744-4130; 800/222-7820.
Page 64 (*top*): sunroom windows and French doors—Marvin Windows & Doors, P.O. Box 100, Warroad, MN 56763-0100; 800/346-5128. **Tile** (Hunter Green)—Valley Marble, 15 Valmar Dr., New Milford, CT 06776. **(*Bottom*): French doors, casement and transom windows**—Weathervane Window Inc., 5936 Fort Ct., Brighton, MI 48116; 810/227-4900. **Chair**—Sherrill Furniture Co., P.O. Box 189, Hickory, NC 28603. **Chair fabric**—P. Kaufman, Inc., available through Calico Corners; 800/[illegible]-9933

KITCHEN PLANNER
Page 72: cabinetry, "Quest Amesbury" (Natural Maple)—Crystal Cabinet Works, Inc., 1100 Crystal Dr., Princeton, MN 55371. **Hardware,** No. 137.43.836—Hafele America Co., 3901 Cheyenne Dr., P.O. Box 4000, Archdale, NC 27263, 800/334-1873. **Sink,** "Mayfield"—Kohler Co., Kohler, WI 53044; 800/456-4537. **Faucet,** "Ladylux"—Grohe America, Inc., 241 Covington Dr., Bloomingdale, IL 60108. **Refrigerator,** No. 511—Sub-Zero Freezer Co., Inc., P.O. Box 4130, Madison, WI 53744-4130; 800/222-7820. **Dishwasher,** No. 1895—ASKO, Inc., 903 N. Bowser, Ste. 200, Richardson, TX 75081-1805; 800/367-2444.
Page 78 (*top*): refrigerator—Amana Refrigeration, Inc., Amana Inquiry Services, 2001 Ruppman Plaza, Peoria, IL 61614; 800/843-0304. **(*Inset*): cooktop**—Frigidaire Co., 600 Perimeter Dr., Dublin, OH 43017-3215; 800/374-4432. **(*Bottom*): cabinetry**—Fieldstone Cabinetry, Inc., P.O. Box 109, Hwy. 105 East, Northwood, IA 50459; 800/339-5369.
Page 80 (*top*): tile—Tile Promotion Board, 900 E. Indiantown Rd., Ste. 211, Jupiter, FL 33477; 407/743-3150. **(*Center*): countertop**—Wilsonart International, 2400 Wilson Pl., Temple, TX 76503; 800/433-3222. **(*Bottom*): flooring**—Formica Corp., 10155 Reading Rd., Cincinnati, OH 43017-3215; 800/367-6422.

JUST-RIGHT FURNISHINGS
Page 88: wicker love seat, 13-7022; **love seat fabric,** H26556; **chair,** 20-7554; **chair fabric,** F34000—Ethan Allen; 800/228-9229. **(*Middle left*): small lamp,** 8-2-9001 by Hardy; **(*bottom right*): tall lamp,** 16-2-4874 by Pieri—Albright Lighting and Interiors, Inc., 3029 Ingersoll Ave., Des Moines, IA 50312; 515/255-2906.
Page 90 (*top*): Parliament love seat, 069-874; **love seat fabric,** D-282083; **Hathaway chair,** 023-858; **chair fabric,** D-281983 (Midnight)—La-Z-Boy Chair Co.; 800/625-3246.
Page 92: rugs, similar styles available—Capel, Inc., 831 N. Main St., Troy, NC 27371; 800/334-3711. **Coffee table,** 23-8010 (finish, 672); **wicker chair,** 13-7026-6—Ethan Allen; 800/228-9229. **Sofa,** similar style available; **washable slipcover**—Mitchell Gold; 800/789-5401.

GARDENER'S ALMANAC
Pages 171-172: Styrax japonica—Arborvillage Farm Nursery, P.O. Box 227, Holt, MO 64048; 816/264-3911; catalog $1. Carroll Gardens, 444 E. Main St., Westminster, MD 21157; 800/638-6334; catalog $3. Forestfarm, 990 Tetherow Rd., Williams, OR 97544; 541/846-7269; catalog $4. Greer Gardens, 1280 Goodpasture Island Rd., Eugene, OR 97401; 503/686-8266; catalog $3. Heronswood Nursery Ltd., 7530 288th St. NE, Kingston, WA 98346; 360/297-4172; catalog $4. Mellinger's Inc., 2310 W. South Range Rd., North Lima, OH 44452; 216/549-9861; free catalog. **Allium christophii**—John Scheepers, 23 Tulip Dr., Bantam, CT 06750; 860/567-0838; free catalog. Dutch Gardens, P.O. Box 200, Adelphia, NJ 07710; 800/818-3861; free catalog. Daffodil Mart, 7463 Heath Trail, Gloucester, VA 23061; 800/255-2852; free catalog. **Stipa tenuissima**—Plant Delights Nursery, 9241 Sauls Rd., Raleigh, NC 27603; 919/772-4794; catalog $3.20. Kurt Bluemel Inc., 2740 Greene Lane, Baldwin, MD 21013; no phone orders; catalog $3. **Daylilies**—Oakes Daylilies, 8204 Monday Rd., Corryton, TN 37721; 800/532-9545; catalog $2. Daylily Discounters, 1 Daylily Plaza, Alachua, FL 32615; 904/462-1539; catalog $2. American Daylily & Perennials, P.O. Box 210, Grain Valley, MO 64029; 800/770-2777; catalog $3. Woodside Nursery, 327 Beebe Run Rd., Bridgeton, NJ 08302; 609/451-2162; catalog $3. Brookwood Gardens, 600 E. Ninth St., Michigan City, IN 46360; 800/628-0110. Homestead Farms, Rt 2, Box 31A, Owensville, MO 65066; 314/437-4277; free catalog. Rollingwood Garden, 21234 Rollingwood Trail, Eustis, FL 32726; 352/589-8765; catalog $3. Iron Gate Gardens, 2271 County Line Rd., Kings Mountain, NC 28086; 704/435-6174; catalog $3.

EARLY TO RISE
Pages 179-184: bulbs—McClure & Zimmerman, 108 W. Winnebago, P.O. Box 368, Friesland, WI 53935; 414/326-4220; free catalog. Van Bourgondien Bros., P.O. Box 1000, 245 Farmingdale Rd., Rt. 109, Babylon, NY 11702; 800/622-9997; free catalog. Daffodil Mart, 7463 Heath Trail, Gloucester, VA 23061; 800/255-2852; free catalog.

A HOUSE REBORN
Pages 202-203: paint, 30YY53/125 (Sudan Sand), from the Master Palette Collection—Glidden Paints; for a retailer near you call 800/221-4100. **Wallpaper,** from the Trade Roots Collection—Imperial Wallcoverings; for a distributor near you call 800/222-3700. **Five-piece fireplace tool set,** R946-4462A; **brass screen,** R946-0866A—J.C. Penney Catalog; 800/222-6161. **Two-inch wood blinds** (Gold Oak, 2771) from the Custom Wood Collection; **contrast twill on wood blinds,** (Suntan, 352)—Levolor Home Fashions, 4110 Premier Dr., High Point, NC 27265; 800/538-6567. **Cap tile** (Verde); **Chiaro cap tile** (Beige)—Mission Tile West, 853 Mission St., South Pasadena, CA 91030; 626/799-4595; fax: 626/799-8769. **Sofa** (discontinued, similar styles available); **sofa body fabric,** "Chimera" (Sable), 6168-09, with nailhead trim; **leather sofa fabric,** 9001-09; **envelope pillow fabric,** "Bangkok" (Linen), 2007-19; **skirted chairs,** 1158-10; **chair fabric,** 6024-12, "Empire" (Sage), from the Concentrics Collection; **round wall mirror,** 529-23-34 (Ash); **square cocktail table,** 454-15-02, from the Capri Collection; **chairside tables,** 454-15-13 (Maple veneer/Walnut), from the Capri Collection—Stanley Furniture Co., Inc., P.O. Box 30, Stanleytown, VA 24168; 540/627-2000. **Bound carpet,** "Altus" (Raffia), 410004; **area rug,** "Green Persian Garden," 793—Karastan; 800/234-1120.
Pages 204-205 (*left*): wallpaper, from the Trade Roots Collection—Imperial Wallcoverings; for a distributor near you call 800/222-3700. **Paint,** 30YY53/125 (Sudan Sand), from the Master Palette Collection—Glidden Paints; for a retailer near you call 800/221-4100. **(*Right*): window scarves,** "Bali" (Celery)—Croscill; 800/791-3322. **Paint,** 30YY53/125 (Sudan Sand), from the Master Palette Collection—Glidden Paints; for a retailer near you call 800/221-4100. **Wallpaper,** from the Trade Roots Collection—Imperial Wallcoverings; for a distributor near you call 800/222-3700. **Two-inch wood blinds** (Gold Oak, 2771), from the Custom Wood Collection; **contrast twill on wood blinds** (Suntan, 352)—Levolor Home Fashions (address above). **Round table,** 529-21-30 (Ash), from the Concentrics Collection; **wing chair,** 1115-10; **wing chair fabric,** "Pigskin" (Turf), 2028-02; **chair on right,** 1181-10; **chair fabric,** "Legacy" (Slate), 6181-02—Stanley Furniture Co., Inc., P.O. Box 30, Stanleytown, VA 24168; 540/627-2000.
Pages 206-207 (*left*): window scarf, "Ivy Cutwork"; **drapery hardware** (White)—Croscill; 800/791-3322. **Ceiling paint,** NY-06 (Lilac White), from the Dulux Inspirations Collection; **wall and trim paint,** RO-05 (Expresso Cup), from the Dulux Inspirations Collection—Glidden Paints; for a retailer near you call 800/663-8589. **Coverlet,** "Classic Traditions," GN754-2640 (Bright White, 77); **shams,** GN754-2665C (Bright White, 77); **sheets and pillowcases,** "Smooth Touch Percale" (Stripe Linen, 12); **square accent pillow,** "Scalloped-Bottom," R707-1194A (Blue-White); **blanket,** "Honeycomb," R720-9349 (Linen, J5)—J.C. Penney Catalog; 800/222-6161. **Two-inch wood blinds** (Sugar Maple, 2781), from the Custom Wood Collection; **contrast twill on wood blinds** (Almond, 137)—Levolor Home Fashions (address above). **Chaise,** (discontinued, similar styles available); **chaise fabric,** "Weathervane" (Blue), 4013-03; **pillow fabric,** 6021-19 (Natural); **Montego metal canopy bed,** 333-13-43—Stanley Furniture Co., Inc. (address above). **Carpet,** "Rousseau" (Oakwood), G1055/7547—Karastan; 800/234-1120. **(*Right*): window scarf,** "Ivy Cutwork"; **drapery hardware** (White)—Croscill; 800/791-3322. **Two-inch wood blinds** (Sugar Maple, 2781), from the Custom Wood Collection; **contrast twill on wood blinds** (Almond, 137)—Levolor Home Fashions (address above).
Pages 208-209 (*left*): window scarf, "Starlight Voile" (White); **wall sconces,** "Acanthus" (White)—Croscill; 800/791-3322. **Ceiling paint,** NY-06 (Lilac White), from the Dulux Inspirations Collection; **wall and trim paint,** RO-05 (Expresso Cup)—Glidden Paints; for a retailer near you call 800/663-8589. **Kimble panel-framed prints,** 772-1848, set of 3; **floor lamps,** similar styles available—J.C. Penney Catalog; 800/222-6161. **Area rug,** "Yucatan" (Strawberry), 4106/40138—Karastan; 800/234-1120. **Square cocktail table,** 333-15-03 from the Montego Collection; **chairs,** 1133-10; **chair fabric,** "Rugby" (Multi), 5044-06; **pillow fabric,** "Thomson" (Red), 2023-05—Stanley Furniture Co., Inc. (address above). **Area rug,** "Yucatan" (Strawberry), 4106/40138—Karastan; 800/234-1120. **(*Right*): ceiling paint,** NY-06 (Lilac White) from the Dulux Inspirations Collection; **wall and trim paint,** RO-05 (Expresso Cup)—Glidden Paints; 800/663-8589. **Area rug,** "Yucatan," 4106/40138 (Strawberry)—Karastan; 800/234-1120. **Floor screen,** 1556305—Pier 1 Imports; 800/447-4371.
Page 210 (*top right*): wallpaper, from the Museum of Natural History Collection—Imperial Wallcoverings, Inc.; 800/222-3700. **Place mats,** R800-4707 (Green, 27); **napkins,** "Garden Check," R789-6616B; **flatware,** 31787-5701A (Hammered Antique) by Reed & Barton; **double old-fashioned glassware,** R786-8078C; **glass pedestal centerpiece bowl,** BJ788-1329A, by Pfaltzgraff; **hand-blown footed pitcher,** BJ788-1444A, by Kimberly—J.C. Penney Catalog; 800/222-6161. **Montego round dining table with wood top,** 333-11-34; **ladder-back chairs,** 333-11-61 (Oak)—Stanley Furniture Co., Inc. (address above). **Laminate counter and beveled edge molding** (Color, 4143-90), Neutral Glace (Finish, Crystal)—Wilsonart; for product brochure call 800/433-3222. **Oven**—KitchenAid; 800/422-1230. **Coffeemaker,** "Accel" (White, 01), R784-1554, by Mr. Coffee—J.C. Penney Catalog; 800/222-6161. **(*Middle left*): cookware,** "Everyday" by Cuisinart—J.C. Penney Catalog; 800/222-6161. **Tile** (White, White Blanche, Verde); **cord** (Verde); **French chair rail** (Verde); **egg & dart** (White)—Mission Tile West (address above). **Cooktop, microwave, dishwasher**—KitchenAid; 800/422-1230. **Silhouette 33-inch double bowl sink,** (White); **faucet,** "Ceramix" (White); **soap dispenser**—American Standard; for product literature or a show room location call 800/524-9797, ext. 180.

SMALL-SPACE ADDITIONS
Pages 214-216: doors and windows—Andersen Windows, Inc., P.O. Box 203070, Austin, TX 78720-9752; 800/426-4261, ext. 1232; http://www.andersenwindows.com. **Spa**—HotSpring-Watkins Mfg. Corp., 1280 Park Center Dr., Vista, CA 92083; 800/591-1001. **Wicker-Greenwood**—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020; 800/447-4371. **Carpet**—Karastan, P.O. Box 12069, Calhoun, GA 30703; http://www.karastan.com; 800/234-1120. **Print draperies**—Cowtan & Tout, 979 Third Ave., New York, NY 10022; 212/689-6900. **Flush ceiling lights**—Halo Lighting, Div. of Cooper Ind., 400 Busse Rd., Elk Grove Village, IL 60007; 800/323-8705. **Bedspread**—Liz at Home by Liz Claiborne; 800/527-7522.
Pages 216-217: casement windows—Caradco Windows & Doors, P.O. Box 920, Rantoul, IL 61866; 217/893-4444; http://www.caradco.com. **Siding**—Gentek Bldg. Products, Inc., 11 Cragwood Rd., Woodbridge, NJ 07095; 800/729-2522. **Roof shingles**—GAF architectural shingles, GAF Materials Corp., 1361 Alps Rd., Wayne, NJ 07470; 201/628-3000; http://www.gafmc.com. **Skylights**—Thermo-Vu, 51 Rodeo Dr., Edgewood, NY 11717; 800/883-5483.
Page 218: windows—Marvin Windows & Doors, P.O. Box 100, Warroad, MN 56763; 800/346-5128; http://www.marvin.com. **Stone**—Hicks Masonry, 13407 N. 75th St., Longmont, CO 80501. **Lighting**—Juno Lighting, Inc., P.O. Box 5065, Des Plaines, IL 60017-5065; 800/323-5068.

COME-ON-IN KITCHENS
Page 221: table—New Country Spirit/Michael Folks Showroom, 5701 Sixth Ave., S, Ste. 254, Seattle, WA 98108. **Chairs**—Beverly Furniture Mfg. Co., 4859 Gregg Rd., Pico Rivera, CA 90660.
Pages 222-223 (*top left*): slate tile flooring in work area (Honey

continued on page 291

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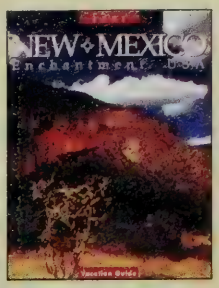
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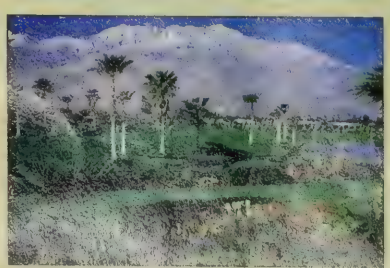


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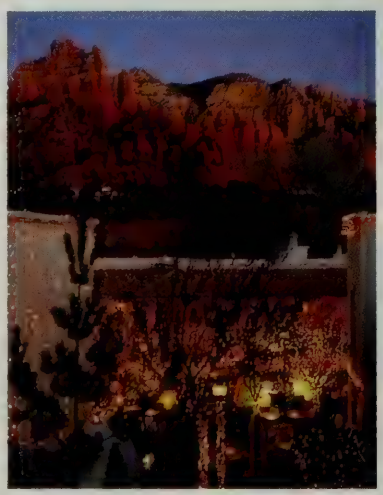
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Red Rock Fantasy

The West's largest holiday light display shines in Sedona, Arizona

The best display of light in Arizona has always been an evening sunset. But at Christmas, a new light show is attracting visitors.

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The brilliant red rock formations in Sedona serve as a backdrop to the light show.

Red Rock Fantasy celebrates its seventh season in 1997 with an expected 200,000 visitors. The event is open daily and tours begin at dusk ($5 adult; $3 child). Profits benefit the Boys and Girls Club of Sedona.

During the tour, children and adults grow wide-eyed as they walk the winding streets of Los Abrigados, discovering imaginative displays at every turn.

Each year, the displays are designed and produced by families or groups of friends invited by the resort to decorate the property and compete for prizes. The resort supplies each group with 15,000 lights, five pieces of plywood, staples, a glue gun, and electrical cords. The families do the rest, and the results are phenomenal.

Because the resort limits spending to a maximum of $400 per group, creativity counts. Contestants have turned plastic cups into chandeliers and coffee cans into saguaro cacti. Holiday images, such as polar bears and penguins cavorting on a lawn or angels hovering in the night sky, are popular. A local favorite was wooden cutouts of Phoenix Suns pro basketball players adding their wishes for a slam-dunk Christmas.

Los Abrigados treats all participants to a week's stay with meals when the exhibits are assembled. Prizes range from a one-week vacation ownership at Los Abrigados to box seats at Phoenix Suns games.

Sedona, a small community located an hour and half north of Phoenix, is home to the astounding Red Rocks. These multicolored natural sculptures—bearing names like Bell Rock, Capitol, and Courthouse Butte—are the product of centuries of wind and water erosion. They lure millions of visitors to the area each year. Plan to enjoy Sedona's warm winter days and cool nights with hiking and desert jeep rides in the backcountry.

For more information: Red Rock Fantasy/Los Abrigados Resort & Spa, 160 Portal Lane, Sedona, AZ 86336; 520/282-1777. For resort reservations: 800/521-3131.

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Purchase eyelet fabric that is at least 42 inches wide (between scalloped edges). You'll need enough running length for double the width of your window. Hang a curtain rod at the midway point up your window. Fold the fabric in half so the scalloped edges are at the bottom. Holding the folded fabric to the window, adjust the fold so the fabric fits the window half, allowing an extra 2 inches for a header and ½ inch for shrinkage when shirred on a rod. You should end up with a bottom layer, or petticoat, that is slightly longer than the top layer. Mark the position of the fold lightly with a pencil, then press.

Turn the sides back (both layers together) ½ inch and hem. Sew a 1½-inch rod pocket 2 inches from top edge. Slit the ends of the pocket to allow the rod to pass through.

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It's Coconut By a Shred

Coconut, a favorite standby decoration for cakes and pies, is preferred for its light and fluffy appearance. But it would be a shame to dismiss coconut as a mere image-enhancer. Its sweet, singular flavor adds an unmistakable stamp to everything from desserts to main dishes. Packaged coconut is convenient, versatile, and indispensable in most baker's pantries. It's usually presweetened and comes in four different cuts:

Flaked. These short, flat pieces make great fluffy desserts and are the most common packaged coconut.

Grated. Grated coconut—once called "cookie coconut"—has fine pieces well suited for smooth blending into puddings and batter.

Ribbons. These are wide, flat pieces of coconut, also called curls. Use them for more specialized decorations. It's easy to make ribbons from fresh coconut: Using a sharp peeler, shave ribbons off the edge of the meat from a shelled coconut.

Shredded. This cut is longer than flaked coconut and better for decorative toppings on cakes and pies. Using the shredded or ribbon cuts inside cakes makes the finished product hard to slice.

Toasting gives coconut a nuttier flavor and a crunchier texture. To toast, spread coconut in a single layer on a baking sheet. Bake in a 350° oven 5 to 10 minutes or till golden brown, stirring occasionally.

Making colored coconut for decorative cakes is easy: In a screw-top jar combine 2 cups of coconut with a few drops of water mixed with a few drops of food coloring. Seal the jar lid tightly and shake the contents vigorously till the coconut is completely colored.



There are a lot of reasons why so many Northwesterners are morning people. Breakfast is definitely one of them.



PERHAPS IT'S THE CRISP MORNING AIR. *Or the way the sun rises pink-gold over mountain peaks.*

More likely though, you'll find a lot of empty beds around here at daybreak for another reason. Northwesterners simply can't wait for breakfast. (And luckily, they don't have to.)

You see, it all goes back to 1932, when a group of clever ladies from a Seattle bridge club developed the first easy-to-prepare pie crust mix. Now we're not suggesting pie for breakfast, but it was that first "crust-ease" recipe that inspired both our name (Krusteaz), and our line of quick, delicious baking mixes.

Take our scrumptious Supreme Waffle Mix, for instance. Simple and easy to prepare, you can have a plate of our delicious, golden-brown waffles



ready in no time. Which is good news for hungry morning types. (Actually, rumor has it that our light, tender waffles are so tempting, they can even bring the laziest night-owl down to breakfast.)

Realizing, of course, that breakfast isn't the only meal in a day, we also offer tasty mixes for making everything from fudgy brownies to fluffy pancakes and muffins to a wide variety of mouthwatering bread.

So even if you're not a morning person by nature, that's quite all right. Our breads, brownies and muffins make a delicious addition to any evening meal.

And besides, the sunsets out here are pretty nice, too.



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Tortilla Sensations

Family favorite in 20 minutes.

1 Tbsp. vegetable oil
1 lb. flank or top sirloin steak
1 (16 oz.) can Rosarita No-Fat Refried Beans
4 burrito-sized flour tortillas, warmed
1/2 cup salsa
1 cup julienned red or green pepper, sautéed if desired
1 avocado, pitted and sliced
1 cup julienned cucumber
2 Tbsp. chopped cilantro

Heat oil in nonstick skillet over medium heat. Add steak. Pan-fry about 10 minutes until cooked to desired doneness, turning once. Heat beans as directed on label. Spread beans and salsa equally on tortillas. Slice steak thinly. Arrange equally on tortillas with remaining ingredients. Roll into cones and wrap bottom halves with paper napkins. Serve with additional salsa.

Makes 4 servings.

Rosarita


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Abracadabra!

It's magic. You've seen it done. Your uncle has a favorite card trick, or your friend can make a coin disappear. They make it look so easy. But did you know that it takes lots of practice to make a trick look that simple? The tricks on the following pages are Mom-approved, using stuff you can find around the house. For your first trick, turn the page...

by Allison Berryhill

continued on page 284

BH&G kids®

continued from page 283



Magic Milk

Place a few drops of food coloring in the bottom of a clear drinking glass and put it back in the cupboard. When the "audience" sits down for breakfast, announce that elves have worked their magic on the milk. White milk pours from the carton but turns green (or whatever color you choose) as it fills your doctored glass. This is a great April Fool's or St. Patrick's Day trick.

Amazing Finger

Before you begin, put a small amount of dish soap on your index finger without anyone knowing. Fill a small bowl with water and sprinkle pepper on top. Invite an audience member to test his or her finger for magic by poking it into the bowl. (Nothing happens.) When you poke your finger in, the pepper shoots to the edges of the bowl—amazing!

continued on page 286



Welcome to the Bat Cave.



Get ready for a chilling Halloween treat.
Order a Jell-O® Creepy Jigglers® Mold Set and watch your kids go batty.



To get your Creepy Jigglers Mold Set, call 1 800 535-5666 or look for Jell-O Halloween displays at participating stores for details. You can even order over the Internet at www.jell-o.com. Each set contains 2 molds (with 5 shapes each), plus a recipe booklet. Order by midnight C.T., Sunday 10/12/97 to guarantee Halloween delivery. After 10/12/97 allow 6-8 weeks for shipment. There will be a $3.00 charge (includes postage and handling) for each mold ordered. Give the operator your name, address, VISA, MasterCard or Discover number, the credit card expiration date and the number of mold sets desired. Orders cannot be canceled. Good in U.S.A. only. Offer good until 12/31/97 or while supplies last. ©1997 Kraft Foods, Inc.

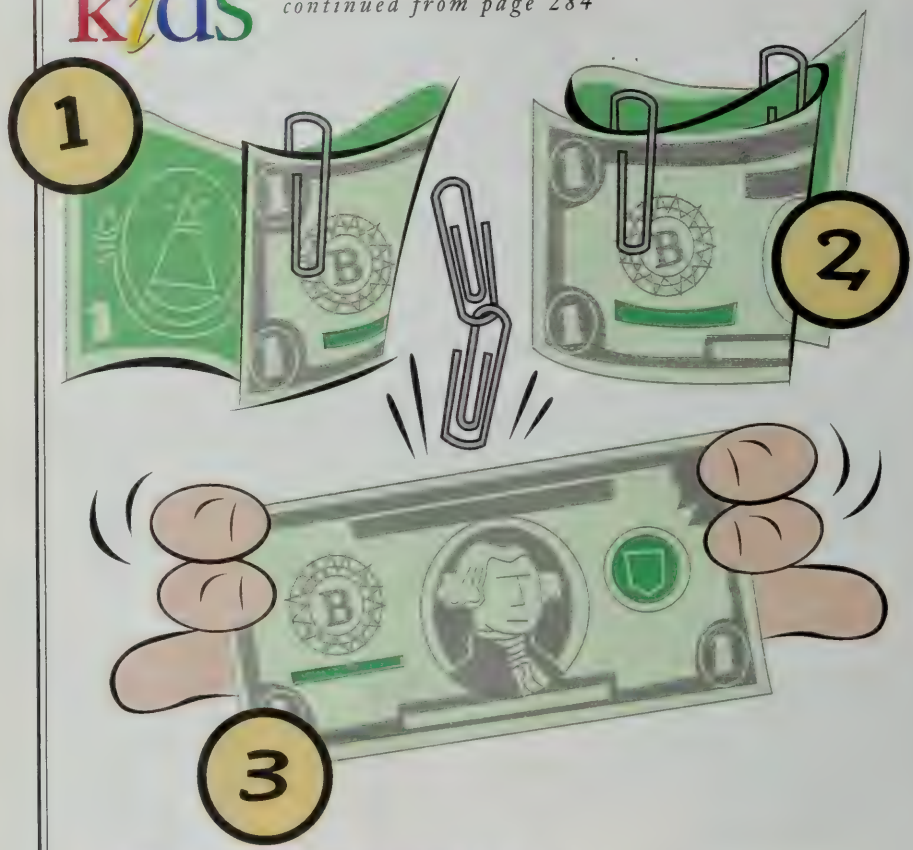




Happy JELL-O ween!

BH&G kids®

continued from page 284



Incredible Paper Clips

Fold a dollar bill in an "S" shape and position two paper clips as shown *at left*. Ask the audience if the clips are connected. (Obviously the answer is no.) Pull quickly on the two ends of the dollar bill, and the paper clips fly off, magically hooking together as they snap off the bill. You'll find this trick and others in the ***Klutz Book of Magic,*** which you can order on *page 103*.

More Incredible Paper Clips

In advance, connect four paper clips and tuck them into the corner of a long envelope. Secure them in the envelope with a diagonal line of glue. Announce your intention to connect not just two, but four paper clips at once. Hand four clips to a volunteer, hold the envelope open, and count dramatically as the clips are dropped in. Seal the envelope, wave it through the air while chanting incantations, then open it by tearing off the end. A shake empties the concealed, connected paper clips. Hold the envelope so that the disconnected clips stay hidden. The trick is, the audience doesn't notice that the envelope isn't all the way open when the clips are dropped in.



HEY KIDS! HELP OTHER KIDS AROUND THE WORLD AND MAYBE WIN A TRIP

Pick up an entry form at your nearest Pier 1 Imports store for this year's Kids Helping Kids greeting card contest for the United Nations Children's Fund (UNICEF). Two winning cards will be selected and reproduced on next year's UNICEF holiday greeting cards. Winners receive a trip to New York City for themselves and two family members. Entry deadline is October 30.

continued on page 288



What can a school nurse do when her own child has head lice?

e can trust Pronto, the maximum strength lice treatment that's highly ective in killing lice *without* leaving a lasting pesticide residue behind.

nto Tips for Effective Lice Removal

IVE YOUR CHILD toys or books to help pass the time while you comb out dead lice and eggs. Only Pronto s you a choice of effective combs to make removal easier: a plastic comb for fine or normal hair and a al comb for thick or curly hair.

EAN ALL clothing and bedding that come in contact with your child's head to help prevent reinfestation. items you can't easily vacuum, wash or dry-clean, try fast-acting Pronto Lice Killing Spray.

EAR GLOVES while using Pronto Shampoo to help prevent the spread of lice. Only Pronto includes gloves.



Pronto® The breakthrough formula you can trust.

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continued from page 286



The Nose Knows

Place three coins in a nonmetal bowl. Turn your back while a volunteer chooses one coin, holds it tightly for several seconds, and concentrates. Then ask that the coins be returned to the bowl. Using your nose to find your friend's choice, sniff the coins separately while making sure to touch each to your upper lip for a moment. Do this with a magician's drama and flair. The trick? The lips are sensitive to heat, so the warmest coin is the one you're looking for.

Initially Mysterious

Write a volunteer's initials on a sugar cube with a pencil. Say some hocus-pocus and toss it into a glass of water. Place the volunteer's hands over the glass and mutter a little more magic. Stir the cube until it dissolves, then turn the volunteer's hands toward the audience. The initials that had been on the cube now appear on the volunteer. The secret is to press the initials with your thumb or middle finger as you drop the cube into the glass, then press the palm of the volunteer as you place his or her hands over the glass. The pencil marking is transferred.



Pop quiz.

Which after-school snack has less fat & fewer calories?



Macaroni and Cheese
(1 cup serving)*

Calories	**385**
Calories from Fat	**145**
Fat	**16g**



Chef Boyardee® Beef Ravioli
(1 cup serving)

Calories	**230**
Calories from Fat	**45**
Fat	**5g**

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So when your kids race home starving, give them an after-school snack you both like.



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Holiday Yard Ornaments



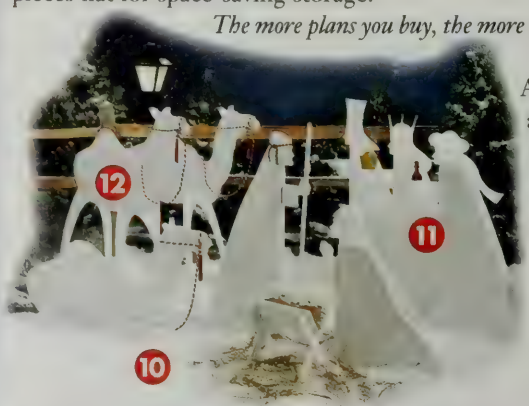


Fun, fast, easy! Readers count these designs for yard ornaments among their all-time favorites. Make some this fall and extend holiday greetings to your entire neighborhood at holiday time.

Whether you choose a traditional yuletide nativity message for your yard or a more whimsical theme, you can start one of our projects on Saturday morning and finish up by Sunday evening.

To make any of our delightful yard ornaments, just cut the pieces to shape using simple tools (full-size patterns for all curved pieces are included in our project plan packs); then sand, paint, and fit together. Most designs slip together, although a few require screws to assemble. After the holiday season, simply take apart and lay pieces flat for space-saving storage.

The more plans you buy, the more money you save!



A single plan costs $12.95; additional plans cost $11.00 each. All prices include shipping, handling, and applicable sales tax.



1. Angelic Chorus angels are 48 inches high.
2. Large Sleigh is 56 inches long by 35 inches tall. **(2A. Small and Medium Sleighs**—not shown—are available together on a separate plan; they measure 33 inches long by 20 inches tall and 11 inches long by 7 inches tall.)
3. Large Deer are 36 inches by 48 inches.
4. Small and Medium Deer—available together on a separate plan—are 28 inches tall and 9 inches tall.
5. Large Santa Claus is 48 inches tall.
(5A. Small and Medium Santas—not shown—are available together on a separate plan; they measure 26 inches tall and 9 inches tall.)
6. Polar Bear and Cub—together on one plan—measure 36 inches tall and 24 inches tall.
7. Mr. Snowman is 49 inches tall.
8. Mrs. Snowman and Child—together on one plan—measure 45 inches tall and 30 inches tall.
9. Toy Soldier is 48 inches tall.
10. Nativity. Mary measures 32 inches tall; Joseph is 45 inches tall. The manger is 14×13×11¼ inches.
11. Wise Men are 50 inches tall.
12. Camels are 48 inches by 48 inches (when standing) and 48 inches by 24 inches (seated).
13. Candy Cane Lantern is 78 inches high.

TO ORDER: Make a list of the plans you wish to order (using the numbers shown in the photos, *above* and at *right*), and calculate the total from the prices shown, *above*. Send the list along with your name, street address, and a check or money order to *Better Homes and Gardens*® Reader Shopping Service, Dept. W9710, Box 9128, Des Moines, IA 50306-9128. Mastercard, Visa, and American Express card users may call 800/881-4066.

Buying guide

continued from page 280

Tan)—Quarry S-E, 4314 NE. 55th St., Seattle, WA 98105. **Paint, #1092 (Dhurrie Beige)**—Sherwin Williams; for further information regarding paints or stains used in this project, contact your local Sherwin Williams dealer. **(*Bottom left*): cooktop**—Miele Appliance, Inc., 220 World's Fair Dr., Somerset, NY 08873; 800/843-7231. **Downdraft vent**—Dacor, 950 S. Raymond Ave., Pasadena, CA 91109-7202; 800/793-0093. **Cabinet hardware**—Old & Elegant, 10203 Main St., Bellvue, WA 98004.
Pages 224-225 (*left*): brass fittings for light fixture—Turn of the Century Lighting, 116 W. Michigan, Clinton, MI 49236. **(*Right*): windows**—Pella Windows & Doors, 102 Main St., Pella, IA 50219; 800/547-3552. **Granite countertop on island** (Sardinian Gray)—Michigan Tile & Marble, 9317 Freeland, Detroit, MI 48228. **Refrigerator**—KitchenAid, 2000 M-63, North, Benton Harbor, MI 49022; 800/422-1230. **Range hood**—F.D. Stella Products Co., 7000 Fenkell, Detroit, MI 48238; 800/447-7356. **Lights in hood**—Lightolier, Inc., 631 Airport Rd., Fall River, MA 02720; 800/215-1068. **Dishwasher**—Viking Range Corp., P.O. Drawer 956, 111 Front St., Greenwood, MS 38930. **Faucet**—Peerless Faucet Co., 55 E. 111th St., Indianapolis, IN 46280. **Sinks**—Elkay Mfg. Co., 2222 Camden Ct., Oak Brook, IL 60521. **Fabrication of base cabinets, island, stainless steel edgings**—Tim Schulte, 6051 Hough Rd., Almont, MI 48003.
Pages 226-227 (*left*): built-in buffet—Tim Schulte (address above). **Leaded glass panels in cabinet doors**—Dale Peters, 8841 35 Mile Rd., Romeo, MI 48065. **Tile on countertop**—Virginia Tile, Michigan Design Center, 1700 Stutz, Ste. 22, Troy, MI 48084. **(*Right*): cooktop**—Viking Range Corp. (address above). **Iron table base**—Scott Lankton, 8065 Jackson Rd., Ann Arbor, MI 48103. **Tabletop**—Dean Ladas, Dean Ladas Designs, 307 W. Sixth St., Royal Oak, MI 48067; 810/544-8900. **Fireplace**—Superior Fireplace Co., 4325 Artesia Ave., Fullerton, CA 42633. **Tile on floor and fireplace chase**—Virginia Tile (address above). **Fabric on chair seats**, "Darien Grospoint" (Ebony)—Brunschwig & Fils, 75 Virginia Rd., North White Plains, NY 10603

TO GRANDMOTHER'S HOUSE WE GO
Pages 233-262: all dinnerware—antique.

READER SHOPPING
Page 38: Home Sweet Home Sampler Kit—Banar Designs, P.O. Box 483, Fallbrook, CA 92088.
Page 84: 75th Anniversary Sampler Kit—Banar Designs, P.O. Box 483, Fallbrook, CA 92088.
Page 103: Merlin's Magic Hat—Natural Science Ind., Ltd., 910 Orlando Ave., West Hempstead, NY 11552-3942; ***Coin Magic* and *The Klutz Book of Magic***—Klutz, Inc., 2121 Staunton Ct., Palo Alto, CA 94306.
Page 109: Handy Stamp Kit—Personal Stamp Exchange, 360 Sutton Pl., Santa Rosa, CA 95407.
Page 172: Early to Rise Bulb Collection—Van Bourgondien & Sons, Inc., 245 Rt. 109, Babylon, NY 11702.

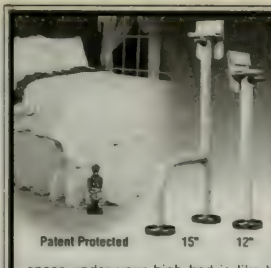
Architects & Designers

THEY'RE BACK
Page 58: architect—Jared Polsky Associates., 469 Magnolia, Larkspur, CA 94939. **Interior design**—Tina Mehan, 145 Poplar Ave., Kentfield, CA 94904.
Page 60 (*top*): architect—Louise Brooks, Gulans & Brooks Assoc., Inc., 81 Ferris Hill Rd., New Canaan, CT 06840. **(*Bottom*): designers**—Mark and Kelly Hepner, 18507 N.W. Reeder Rd., Portland, OR 97231. **Contractor**—Doug Chabala, Construction Management, 12833 Adrian Ct., Lake Oswego, OR 97034.
Page 62: interior designer—Mary Pat Ware, Warehouse Interiors, 3695 E. Via Alcalde, Tucson, AZ 87518.
Page 64 (*top*): architect—David E. Austin, AIA, Austin Patterson Assoc., 376 Pequot Ave., Southport, CT 06490. **(*Bottom*): interior designer and builder**—Geoffrey Designs, Inc., 4012 Oakgrove, Orchard Lake, MI 48323.

A HOUSE REBORN
Pages 202-210: designer—Charles Riley, 220 W. 19th St., Ste. 8R, New York, NY 10011; 212/647-9128.

COME-ON-IN KITCHENS
Pages 221-223, 288: architect—Robert Edson Swain, AIA, P.O. Box 31566, Seattle, WA 98103. **Interior design**—Kristine Donovick Interior Design Inc., 115 W. Galer, Seattle, WA 98119; 206/270-8919. **Carpentry**—Dovetail Construction/Adam Turner, 807 N. 36th St., Seattle, WA 98103.
Pages 224-227, 228: interior design—Dean Ladas, Dean Ladas Designs, 307 W. Sixth St., Royal Oak, MI 48067; 810/544-8900. **Contractor**—Michaelson & Gluck Custom Builders, L.L.C., 14861 11 Mile Rd., Oak Park, MI 48237; 810/399-7698 or 810/380-9132.

SMALL-SPACE ADDITIONS
Pages 214-216: designer—Sandra Bird, 240 Magnolia Ave., Larkspur, CA 94939. **Interior designer**—Jennifer Lind, 350 Chapman Ave., Corte Madera, CA 94925. **Landscape designer**—Hans Forrer, 233 California Ave., Mill Valley, CA 94941.
Page 218: architect—Bill Sawyer, Sawyer and Associates, 2043 16th St., Boulder, CO 80302. **Interior designer**—Ann Lansing ASID, Lansing Design, 2524 Broadway, Boulder, CO 80304. **Contractor**—Parrish and Co., 4770 Pearl St., Boulder, CO 80301



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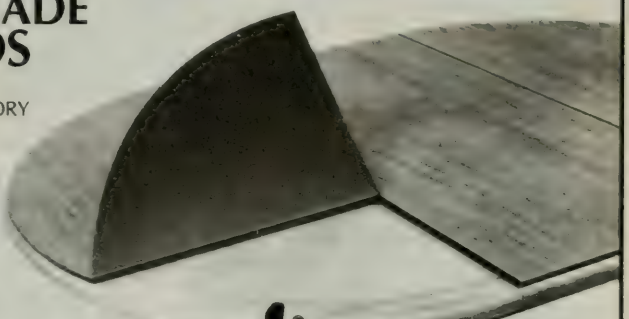
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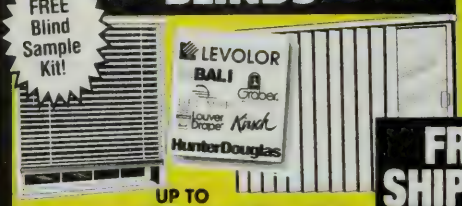
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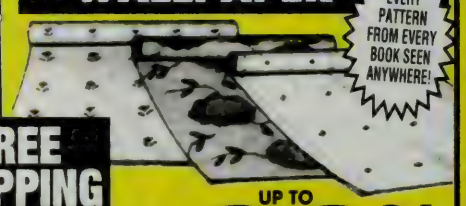


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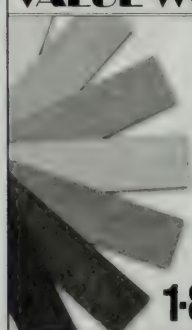


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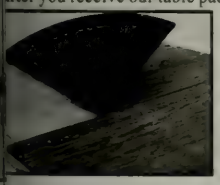
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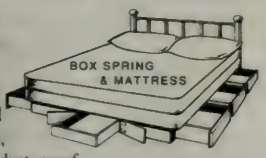
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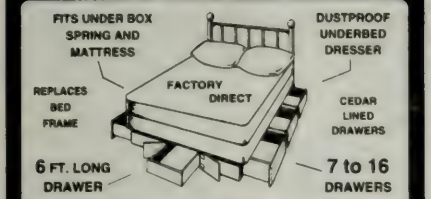
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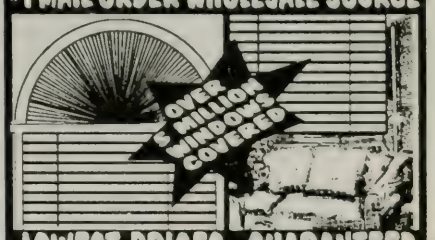
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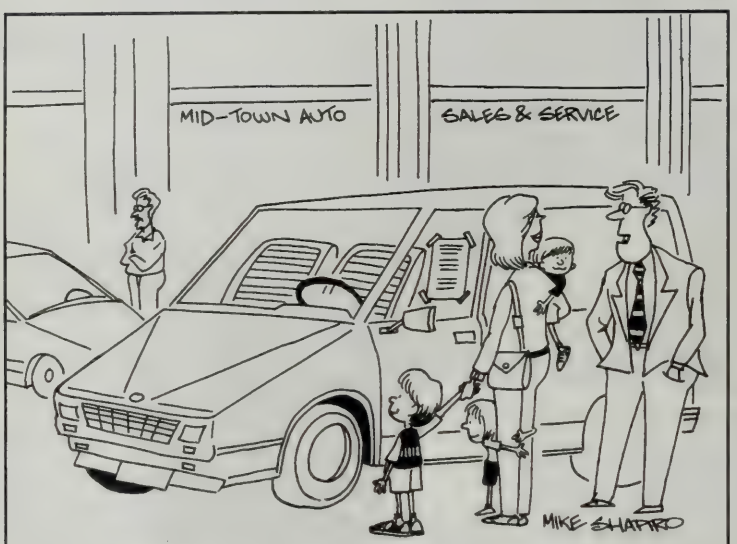
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Dr. Bob Hannelly, pestered by some patients who get their symptoms from the evening news, says he wouldn't censor medical coverage—just restrict it to between 2 a.m. and 3 a.m.

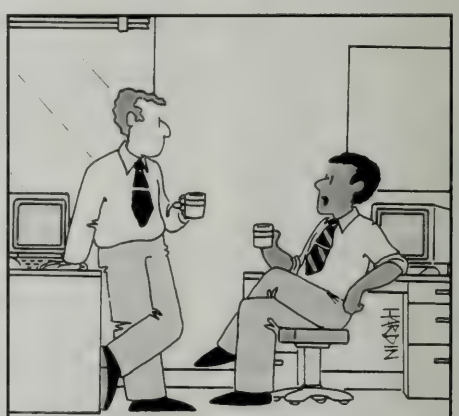
After being stranded for a couple of extra days on an island vacation, artist Louisa Albrecht reports she learned the true meaning of the words "jet set." "If there's no jet, you set," she says.

Dot Dresch said she finally realized something about her figure: She has the numbers just right; she just doesn't have them in the right places.

Lee Bayless says he doesn't know whether to buy a new car or just lease it. "I guess it's a matter of owning my troubles or just renting them," he says with a smile.

"Women wouldn't worry so much about what men are thinking," confides Elaine Cowan, "if they'd only realize that it's probably not very much!"

Aunt Opal says those pre-gummed, stick 'em notepads have eliminated the need for paper and tacks in her house, but they're no more successful in motivating the man who cuts her yard.



"All I want is a chance to prove money can't make me happy."

Our daughter Rosemary e-mailed us from college and said that her computer has made her very budget-conscious. "I know where the money is going through the end of the school year," she wrote. "I just don't know where it's coming from (hint! hint!)."

Congressman Nick Hanfli says he's looking forward to relaxing at home next month. "November is bad for congressmen only every other year, but it's always terrible for turkeys."

Burton Hillis

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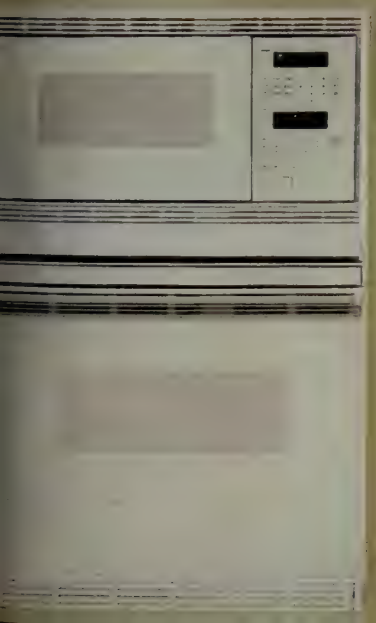
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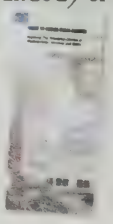
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MBH 007

between friends



ANDY LYONS

Some things

I do well. Others I don't. For instance, I've never been great at after-dinner speeches or flowery introductions—so let me skip the flowers and get right to the point. The couple pictured with me are Heidi Bohay-Spound and her husband Michael Spound, typical *Better Homes and Gardens*® homeowners, parents of two adorable boys, and the hostess and host of our newly launched television show.

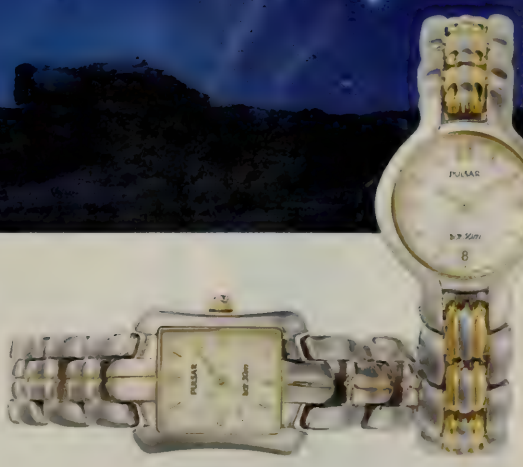
After spending most of my career as a magazine maker, I was intrigued to find that the television industry is as filled with talent-for-hire as the sidewalks of New York are filled with pigeons. But quantity doesn't necessarily mean quality. And for the television version of *Better Homes and Gardens*, we wanted the best. We wanted hosts that live our lifestyle. We wanted a couple that understands our subjects—decorating, cooking, gardening, and parenting. Again, they fill the bill.

It's not easy for an editor in chief to hand the baton to someone else—to say, "Here's my baby, treat it well." But I feel Heidi and Michael will represent *BH&G* the same way our editors do. They'll introduce you to new ideas, tips, and techniques. They'll bring you inspiration, information, and entertainment every week. And just to make sure they do, I'll be watching. And...doing cameo appearances on the show. I'm not sure TV is one of the things I do well, but I guess we'll all find out. (Station listings on *pages 86–87.*)

Jean LemMon

Jean LemMon, *Editor in Chief*





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- Lassie

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-First Alert



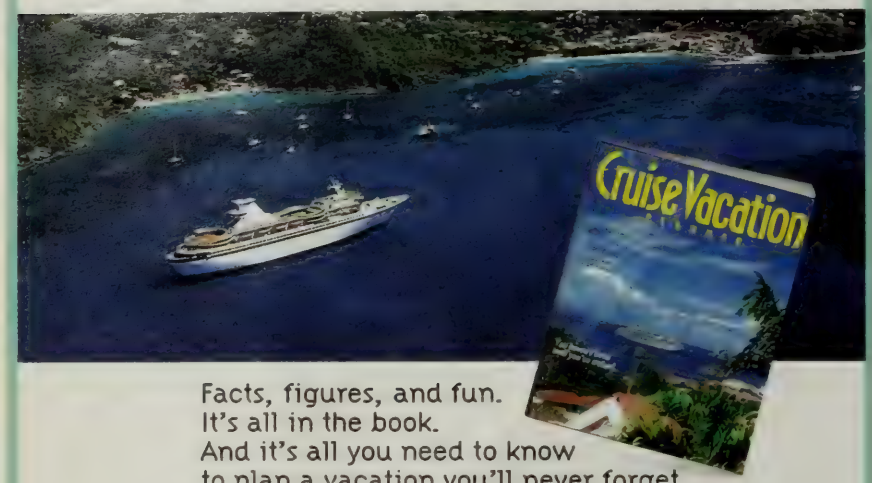
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When planning the week's meals for my family, I write them on the school lunch-menu calendar. That way I never duplicate meals, which my children appreciate. When my husband and I get home, we know right away what to start for dinner.

Kathy Daiker
Beavercreek, Ore.

Right-Handed Mom Teaches Lefty to Crochet

When my left-handed daughter was 11, she wanted to learn to crochet. No matter how hard she tried, she couldn't make her left hand do what my right hand was doing. She decided to sit facing me, and started crocheting like a pro.

Martha Haas
Deming, N.M.

Homemade Play Accessory Is Fun and Portable

The children in our neighborhood collect small medieval figures and spend hours acting out fantasy battles. Their playing field was the basement carpet until I built a portable battleground for them. Using a folding cardboard cutting board (the kind used for sewing projects), I painted roads, forests, mountains, and a lake with acrylic stencil paints and a sponge. Now, the play can move from house to house because the playing field folds up neatly. This works for car, doll, and dinosaur games, too.

Teresa Hall
Cedar Falls, Iowa

Surprises Entertain Toddler While Parents Sleep In

Our 4-year-old daughter was always waking us up at 6 a.m. on Saturday mornings. So we could sleep in a little longer, we've started placing a "weekend surprise box" next to her bed on Friday nights while she's sleeping. The next morning, she quietly plays with her surprise while eating the dry cereal or fruit snack we include in the box. To make this reward system economical, we often include library books, and we're constantly on the lookout for inexpensive prizes.

Kimarie Kilkenny
Newport Beach, Calif.

Holidays a Good Time to Compile Family Health History

Clinics and doctors often ask for family health histories, but do we really know all we should? Family get-togethers during the holidays are good opportunities to compile a family health history. Gathering all these important facts is fun, and you'll probably hear more than just health information. Remember to send the information to relatives who couldn't come.

Caroline T. Westrum
Sauk Rapids, Minn.

Mom is Hairdresser

My 3-year-old daughter prefers to wear her hair long, but occasionally it needs a trim. Rather than pay to have her hair cut and risk a possible scene at the hairdresser's, I've been trimming her hair myself. We play hairdresser. I pretend to be a stylist and set up a station in the bathroom. I call her ma'am, ask her opinions, use the blow-dryer, and require payment from her purse.

Pamela Barter
Sandwich, Mass.

continued on page 20


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Family Network

continued from page 18

Donate Native American Artifacts to Tribes

If a family member or friend leaves you a collection of Native American artifacts, consider donating them to a local tribe rather than a state or private museum. Many tribes are trying to start their own museums showcasing their ancestors' tools, weapons, and the implements of daily living.

Deborah DuBrule
Spruce Head Island, Maine

Recorded Voice Calms Cat at Kennel

When I brought my cat home from the boarding kennel, she was hoarse from meowing the whole time we were gone. The next time, I recorded my voice talking sweetly to her, and I took the tape to the kennel with the cat and asked the woman in charge to play it during the cat's stay. My kitty came home very calm. The woman at the kennel said the other cats seemed to enjoy it too.

Frances Weil
Huntsville, Texas

Donate Loved One's Possessions to Museum

When a family member dies, he or she often leaves behind many valuable possessions, but you can't keep everything. Consider donating them to a museum, historical society, library, or school. The items need not be of great monetary value. My husband's collection of books about the sea, ships, and navigation are now housed in the library of a small maritime museum. It's satisfying to know his personal treasures will be interesting to many people.

Kathryn Murdock
El Granada, Calif.

Neighbor Entertains Daughter While Mom Works at Home

I recently left my full-time job to stay home with my 2-year-old and start my own business. This may sound like an impossible task, but I've made it work by hiring my 9-year-old neighbor girl to play with my daughter while I work in my home office. I'm able to work a few hours each day, yet I'm readily available if the girls need me.

Maria Lindler-Steinke
Sparta, N.J.

Organize Holiday Decorations Room by Room

Our family stores holiday decorations for each room in our house in a separate box. We tape a photograph of the decorated room to the carton and label each accordingly. At holiday time, we open the boxes one room at a time, and decorate the house over several days. This method saves time because we don't have to search for decorations, and we're able to recall how decorations were hung in the past.

Cynthia A. Gaitros
Lynn Haven, Fla.

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Gail K. Conlisk
Dallas, Ga.

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softness, but now helps protect from fading,
to keep clothes looking like new.
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Come on in to
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The Point of It All

by Rebecca Jerdee

Decorating experts all say to make the most of the focal points of your rooms. But what if your plain boxy room has no built-in interest? Here's how to create four focal points yourself.



A scrolled wallpaper border and crown molding create a picture rail that adds instant architecture to a boxy beige room. Pictures that might otherwise be lost grab attention when they are matted and framed in a big way, then are stacked along the picture rail.



Where Art Thou? Crown molding and wallpaper borders add architectural character. But hung at the ceiling, they can be overlooked. Draw the eye to a more visible height using the same materials—lumber-store molding and a decorative border. Mark the position for the molding's upper edge—below chair tops and above tabletops—with a level and hard lead pencil. Cut small wooden blocks to wedge between angled molding and wall. Screw blocks to wall studs and nail molding to blocks. Cut and nail a 1×4 plank to slightly protrude on top of molding. Paste wallpaper border below molding.

continued on page 27

SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

9 mg. "tar," 0.7 mg. nicotine
av. per cigarette by FTC method.

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She's gone to Capri and she's not coming back.



Standard exterior shutters and a few painting tricks give a pair of small sash windows the power of a picture window. Since the shutters aren't operable, no complicated carpentry skills are involved.



Open and Shut Case Exterior shutters can perform the same function inside as out: They extend the line of a window, making it appear larger and more impressive than it is. Another exterior trick—painting window moldings lighter than siding—expands the window area even more. Paint the lower portion of the interior wall in dark contrast to the window molding. Add a plate rail or wallpaper border that matches the molding. Trim wooden exterior shutters to fit the length of the windows. (Since they won't be closed, the shutters don't need to be as wide as the window.) Attach shutters to the wall with picture hangers or, if the depth of your window frame allows, attach shutters with ¾-inch hinges. Paint woodwork and shutters to match window molding.

continued on page 30

It Wouldn't Be Christmas without These Four Little Tree Trimmers

"Decorating the Tree"



THE ASHTON-DRAKE GALLERIES
Bringing You Dolls of Irresistible Value

Four adorable tree trimmers, fine-porcelain dolls by Mary Tretter

Affordably priced at
Just $59.95
(plus shipping)
For each doll in the collection
That's Ashton-Drake value!

Unconditionally guaranteed for one full year, or your money back (including postage)!

Premiere

"The tree is so pretty when we trim it ourselves," shout the happy children "Trisha," "Patrick," "Ryan," and "Melissa" as they set to the task of unpacking the ornaments, hanging the lights, stringing the popcorn, and caring for the golden treetop star. These four dolls form the *Decorating the Tree* collection by Mary Tretter. Hand-crafted in fine porcelain and hand-finished, they're designed to rekindle your memories of the holidays at Christmas time and all year round.

You may order either just the first doll, "Trisha" (shown with box of ornaments), **or all four dolls as a complete set.** "Trisha" issues for 3 payments of $19.98 plus shipping (a $59.95 issue price plus $5.44 shipping and handling). The complete set, however, is only eight installments of $29.98 plus shipping (a $59.95 issue price per doll plus a total of $6.98 shipping for the complete set). ***That's a savings of almost $15.00 when you order the complete set.***

Each doll comes with costuming and decorations shown (the Christmas tree is included with the second doll, "Patrick," shown with Christmas lights.)

Each doll comes with our 365-day, money-back guarantee. Order today!

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Ashton-Drake introduces "First Day at Walt Disney World®"



This doll is approximately 14 inches tall and fully poseable. Complete with all accessories shown and doll stand. Numbered Certificate of Authenticity included.

Minnie

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special portrait of childhood in hand-painted porcelain mark Walt Disney World's® 25th year!

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5 payments of $19.99*
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If this happy little girl seems to have stars in her eyes, you can bet they're Mickey Mouse and Minnie Mouse! That's because she's just spent her first exciting day at Walt Disney World.®

Introducing "First Day at Walt Disney World®," celebrating the 25th anniversary of the world's most entertaining park. Behind this little girl's smile are stories to tell about how she gave Minnie Mouse a hug, and where she got her "ears." Designed by artist Titus Tomescu and crafted in hand-painted porcelain, she wears red-and-white polka dots like Minnie Mouse's, and carries her own Minnie Mouse balloon.

Walt Disney World's® 25 years of happy memories are all here in the face of this little girl, yours now for just $99.99 plus shipping. Order today!

76031-CC3A2

Reservation Form

☐ **"Decorating the Tree"** **94538-D81201**
YES, please reserve "Decorating the Tree" set, payable in 8 monthly installments of $29.98*, plus $6.98 shipping per set.

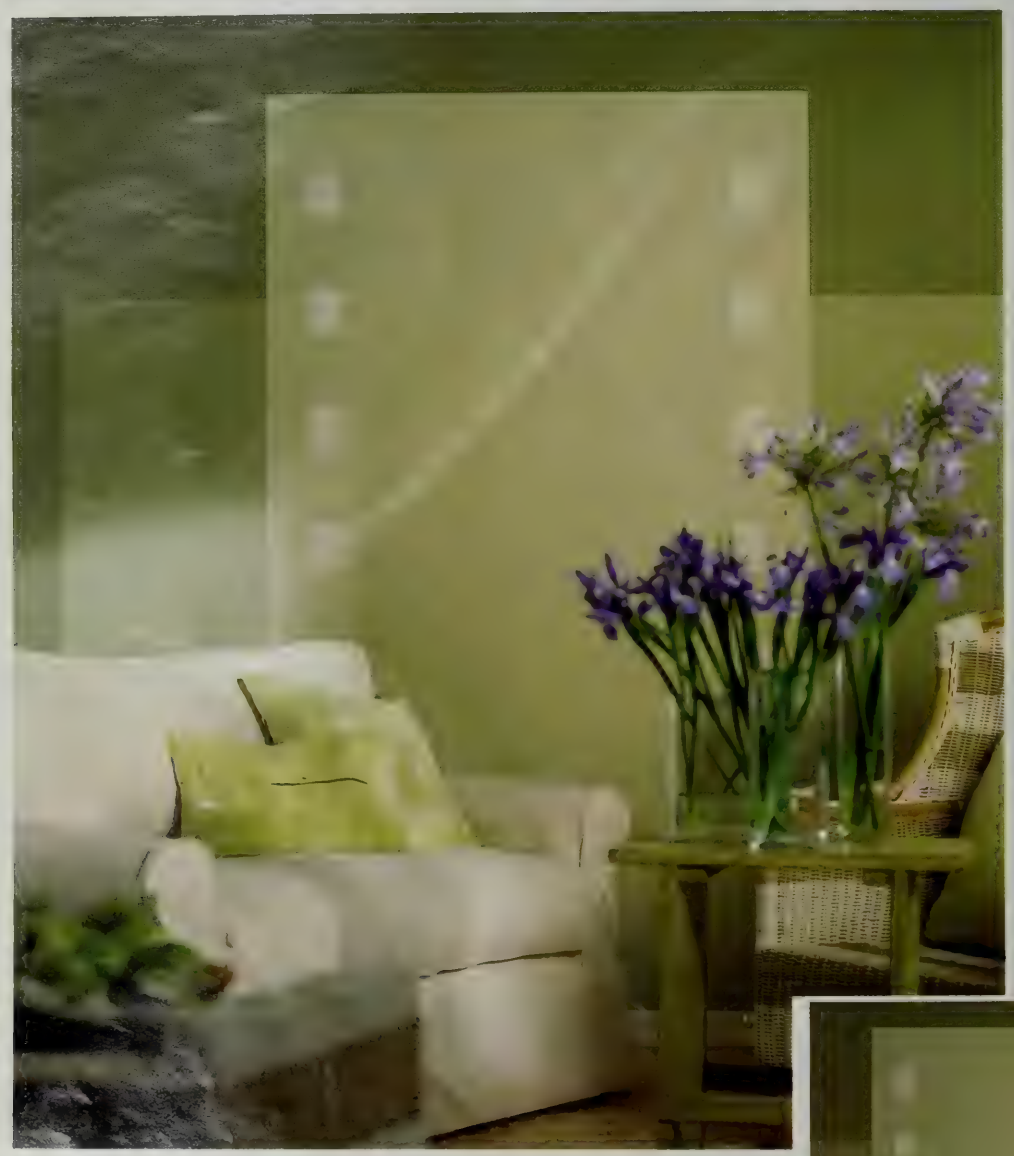
☐ **"First Day at Walt Disney World®"** **76031-D81201**
YES, please reserve "Walt Disney World® Girl." Limit one. I understand that I will be billed for the first payment before doll shipment. Not available in Canada.

☐ **"Trisha"** **93221-D81202**
YES, please reserve only "Trisha" payable in 3 monthly installments of $19.98*, plus $5.44 shipping.

X
Signature Date ( )
Name (please print clearly) Telephone
Address Apt. No.
City State Zip

*Illinois residents please add state sales tax. Please allow 6 to 8 weeks for delivery. Canadian price for "Trisha" is $79.95 plus shipping, handling, and applicable taxes. "Walt Disney World® Girl" is not available in Canada. ©Disney

THE ASHTON-DRAKE GALLERIES
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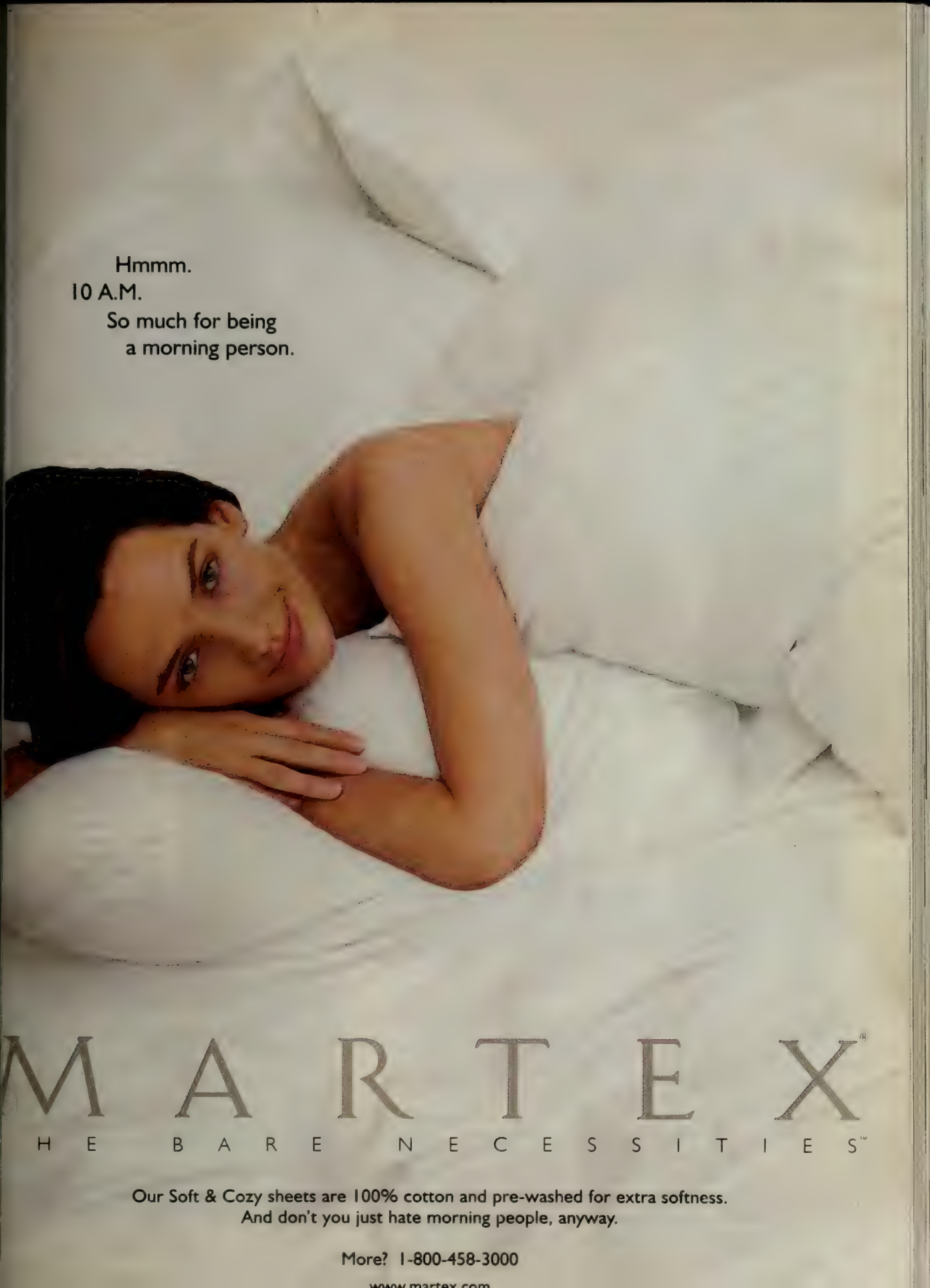


Sticking to a single paint-store color strip makes picking shades as easy as 1, 2, 3: The colors automatically blend. Be sure there's enough contrast, though. If in doubt, move down one shade on the paint strip.



Set the Stage Television crews create backdrops that enhance a scene. Do the same to create a conversation corner for your room. Choose four colors from a single paint-store sample strip. Paint the entire wall the darkest color. Then, using a tape measure and a straightedge, block out a geometric pattern. Blocks should be larger than the room's architectural elements, such as doors and windows. Make the horizontal rectangle large enough to span adjacent furniture (ours is 5×9 feet). Draw a smaller vertical rectangle (ours is 7×5). Tape off the first rectangle and paint it in the third lightest color. Tape off the second rectangle and paint it in the second lightest color. Paint the small, light-colored rectangles last.

continued on page 32


Hmmm.
10 A.M.
So much for being
a morning person.
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Our Soft & Cozy sheets are 100% cotton and pre-washed for extra softness.
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Clip-style rings and a sturdy metal drapery rod display a patchwork quilt as the center of attention in this cozy country room. The small scale of the rod and clips helps them disappear into the design of the quilt.

Clip Art Dig quilts or rugs out of the closet and give them top billing—on the wall. Rather than centering a textile on the wall, hang it much as you would a painting or print, with the center of the work just below eye level. (You may need to make adjustments for large quilts, lowering them even further so they aren't too close to the ceiling.) With tape, mark where the upper edge of the quilt will fall on the wall. Allow space for curtain rings, then mark the rod's placement. (If you live in an old house, you may need to adjust the placement slightly to compensate for an uneven ceiling or floor; just make sure the overall effect is balanced.) Hang the rod, rings, and quilt. ⌂



Buying information, page 72



I save everything.

Just ask my husband.

From the first rose he ever gave me to the box the ring was sitting in when he proposed. This year he got smart. He gave me, "the woman who saves everything," a Lane Cedar Chest. Now I have a place to put the first ornament he gave me 10 years ago when we celebrated our very first Christmas together.



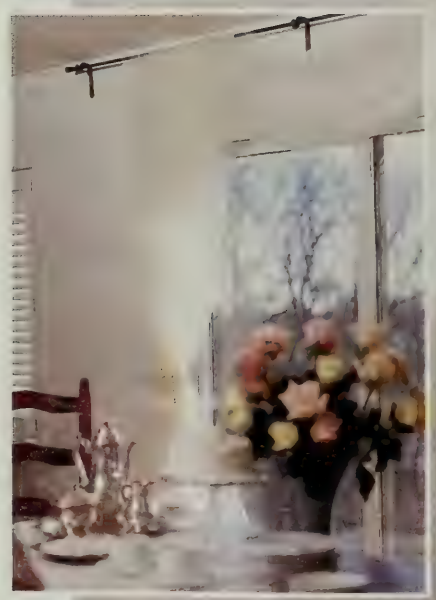
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Party Windows

by Catherine Kramer

Stir up a bit of extra drama for special gatherings by setting the stage with a simple window dressing that's designed to frill. Floating at the window with the grace of a wedding veil, this temporary treatment is made with bridal trims and inexpensive tulle from the fabric store. By tossing the tulle over an existing rod (give your permanent window coverings the night off or a trip to the cleaners) or simply tacking it to the wall, you can perk up your portholes for a one-night affair or the entire holiday season.

continued on page 36

PHOTOGRAPHS ANDY LYONS TEXT JILANN SEVERSON


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FLUFF AND STUFF △

Cut enough tulle to reach from the floor on one side of the window, drape over the window, and go back to the floor on the other side. Drape the fabric behind the curtain rod, around to the front, and back behind the rod on the other side. Adjust the depth of the sway so it dips down over the top of the window. If you want to add more softness (and even hide a none-too-decorative rod), cut a second length of tulle that will fluff out the above-the-window area. Tuck it in place, folding it so it blends with the first length of fabric. Sheer tulle comes in wide widths, has great body, and costs just a few dollars a yard. Because the fabric has a slightly rough texture, it holds itself in place—no sewing or gluing is needed. To finish, raid the bridal department of your fabric store for inexpensive but elegant trims to use as tiebacks. Add tassels, rings, cording, and beads, and your panes are party-ready.



◁ WITH THIS RING

Slide three or more styles of cording and beads through golden rings, then give them a twist. The result is a tieback that's rich in texture and subtle in color. Look for rings in the drapery or crafts departments of fabric stores. Slide a tassel onto the cord and wrap the drapery twice, then tie, tack, or pin them in back.

continued on page 38


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Wrapped around everyday draperies, beaded fringe gives them the look of a (not-so-roaring) Twenties flapper. To dress the twill flange of the fringe (the part that's normally sewn into the seam of clothing or pillows), glue ribbon over the flange. Wrap one or more lengths of fringe around the drapery panel and pin the ends together in the back. For an extra touch of elegance, layer two different kinds of beaded fringe.



◁ CLEARLY FESTIVE
Clear beads strung on white beading cord hang out with tassels for a look of understated elegance. Thread the cord onto a beading needle and knot one end. Slide a variety of beads, such as these star-shaped, round, and cylindrical types, onto the cord. Tie the other end, then fray the ends of the knots. To make the tieback, wrap three or more coordinating cords around draperies and pin or tack them in the back for your base. Loop and tie a tasseled cord around the base, leaving one loop loose. Slip the beaded strand through that loop and let it dangle down.

With moisture like this,
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Bring on the cold winds and dry heat. One shower with Oil of Olay 2 in 1 Moisturizing Body Wash leaves dry "winter skin" feeling soft and moisturized. With 75% Olay moisturizer, it puts more moisture in skin than even the best beauty bar. So much moisture, this winter you might discover life without body lotion.

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Clever Cubbies

by James A. Hufnagel

Waging the battle against bulging closets and overcrowded cabinets is a fact of life these days, but smart strategies can muster additional storage space you didn't know you had. To ease the squeeze, first identify your household's storage shortfalls. Then, reconnoiter underused niches, nooks, and crannies that could be pressed into service. Finally, using the clever ideas shown here as inspiration, outfit your home with a troop of cubbies ready for action.

continued on page 42



Rack 'Em Up

The original entry closet in this older home (*left*) was only about a foot deep—too shallow to hold more than a few coats. The owners built a deeper closet elsewhere and converted the old one to stylish and easily accessed storage for their growing collection of rare-vintage wines.



On Dish-play

Attractive china, especially if it's used every day, shouldn't have to live in a cupboard. A built-in hutch like this one, *right*, organizes everything for easy trips to the table. Plates stand on edge atop a bank of small drawers that hold flatware, with open shelving up top.

If you're replaying the same Friday night

over and over,

why not get your friends together for something different?



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But you're more likely to have some when you invite your friends over for a few Get Together Games. They're quick. They're easy. And they use real live people. To find out more, visit our web site at www.get-together-games.com or check out our display in stores. Then pop in a few Get Together Games and watch everybody have a real good time.



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Clever Cubbies

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Stairway Strategy

Space under a stairway offers lots of potential, once you figure out how to access it. The homeowners opened up a niche for laundry appliances and planned an array of bins (*left*) that slide out of sight into dead space at the bottom of the stairway. Each "drawer" glides on heavy-duty hardware and holds standard rubber containers that make sorting a snap. Closed, the bin fronts harmonize with the home's traditional woodwork.



Now You See It...

Tired of small appliances cluttering your countertops? Maybe it's time to give them a garage of their very own. This one (open at *left* and closed at *right*) tucks under a standard wall cabinet behind doors studded and scored with pulls to look like apothecary drawers. When open, the doors put the appliances within easy reach and free up another foot of the counter's depth. Appliances plug into a pair of outlets inside the garage, keeping power cords corralled near the back of the counter.



continued on page 44





An inspiration for celebration.

Gather around the table to celebrate the magic of the season. Wrap it in warmth with layers of linens and make it shine with gold and silver. Your table will sing with hospitality, inviting everyone closer to join in the creation of lasting memories. Make Pier 1 your holiday home store and capture the spirit of the season.

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Clever Cubbies

continued from page 42



Tub-Side Convenience

Baths never seem to have quite enough storage, and often what's there is impossible to get at while you're soaking. Not so with this bath (*left* and *below*). A two-tier divider between the tub and a makeup counter serves both spaces. The lower part of the divider features a big roll-out bin for bath oils, shampoos, fresh soap, and other bathtime needs. A smaller drawer at the top of the divider holds cosmetics and provides a resting place for the makeup counter.



Multimedia and More

Computers, VCRs, and stereo equipment create their own sort of countertop clutter, because you have to find places to stash the software that makes them so handy to have around. Here's one good solution: Vertical pullout storage racks (*right*) provide homes for videotapes, audiocassettes, floppy disks, and CD-ROMs. Below the racks, a quartet of file drawers organizes old-fashioned paper media. The drawers disappear into dead space under a stairway.



Buying information, page 72



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Gift ideas *under $50*

Last-minute shopping trips are over when you choose these gifts selected especially for the readers of Better Homes and Gardens® *magazine. Order now, and forget about those annoying parking problems at the malls in December.*

Holiday Ornaments These timeless designs make lovely accents to wreaths and trees. The pewter ornaments from Lovell Designs include the ***Polaris*** (*above left*) measuring about 2½ inches in diameter and the ***Tree of Life*** (*above right*) measuring about 2¾ inches high. Both feature red silk ribbon for hanging and come in gift boxes. The copper ornaments are authentic reproductions of antique weathervanes from Copper Mermaid. They include the ***Trumpeting Angel*** (*top right*) and the ***Leaping Stag*** (*top left*), each about 4 inches in diameter. Both feature a handcrafted verdigris finish and gold hanging loop and come in gift boxes. A single ornament costs $19.95; additional ornaments cost $17.95 each. Prices include shipping, handling, and sales tax.

TO ORDER the Hummingbird Wind Chimes or the holiday ornaments, call 800/881-4066. To order by mail, list the items you desire and send a check to *BH&G*® Reader Shopping Service, Dept. GG9711, Box 9128, Des Moines, IA 50306-9128.



***Better Homes and Gardens*® Deluxe Traditions Fruit Box** Fresh from the groves of the Indian River and available *exclusively* to our readers, this special package from Gracewood Groves includes half a bushel of sweet navel oranges and juicy ruby-red grapefruit (10 to 12 oranges plus 8 to 10 grapefruit), 8 ounces of marmalade, 8 ounces of honey, island punch blend tea, and four grapefruit spoons. Your price is just $35.95 plus $2.95 shipping and handling (a savings of more than 15 percent off the suggested retail price of $43.90 plus $2.95). Shipments begin in mid-November. **TO ORDER,** call 800/767-2358.

The Hummingbird Wind Chimes A bright, colorful, hand-carved, and handpainted hummingbird floats gently beneath four shimmering tube chimes. The cherry-wood finish of the base and the clapper highlights the hummingbird beautifully. From Woodstock Percussion, the chimes' overall height is 15 inches. The price is $37.95, which includes shipping, handling, and applicable sales tax. See ordering information (*far left*).

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Estrogen is good.

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The natural estrogen your body makes does some very good things. It helps keep your bones strong and your cholesterol low. The problem is, after menopause, your body makes 80% less estrogen.

Losing estrogen can mean losing bone. In just the 6 years after menopause, a woman can lose up to one-third of the bone mass in her spine.

Falling estrogen can also mean rising cholesterol. Which may put you at greater risk for a heart attack or stroke–leading causes of death among women.

What can you do to protect yourself? Getting enough calcium and exercising regularly can help, but they aren't enough. So, many doctors prescribe estrogen replacements to help protect women against osteoporosis and keep cholesterol low.

But estrogen replacements can have their problems. Many women aren't thrilled with estrogen's potential side effects, which can include irregular

Estrogen is bad.

bleeding, spotting, bloating, breast tenderness, and migraines. And many women have serious worries about a possible link between estrogen replacements and cancer.

So is estrogen good? Or bad? At the moment, it's a decision each woman has to make with the help of her doctor. But research is ongoing to find new choices for women who want to stay strong and vital in the years after menopause.

For a progress report on postmenopausal health, call the Lilly Center for Women's Health toll-free at **1-888-WMN-HLTH.** Because there is life after menopause.



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by Joan McCloskey, William L. Nolan, Steven Mumford, and Shawn Gilliam





home improvement contest

WINNERS!





Whew! Choosing the "best of show" in our Home Improvement Contest has never been easy, but this time you really put us through the paces. Every entry packet was stuffed with before and after photos that dramatized the marvelous remodeling transformations you've achieved. You told us that you ate a lot of sawdust, nursed some sore muscles, and filled a few trash bins, but now you can sit back and savor the payoff—a prettier, comfier, more livable home.

Join us for a close look at three of the entries that won top honors, and meet the proud homeowners. (For a complete list of winners, see *page 70.*) Jim and Janet MacRae (*right*) of Boulder, Colorado, won first place in the Interior Remodelings category. Fred and Michele Adams (*above* with their children, Lauren, Michael, and Matthew) of Orchard Park, New York, took first place in Kitchen Shape-Ups and Bathroom Remodelings. They were also Grand Prize runners-up in the kitchen category.

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kitchen shape-up

WINNER

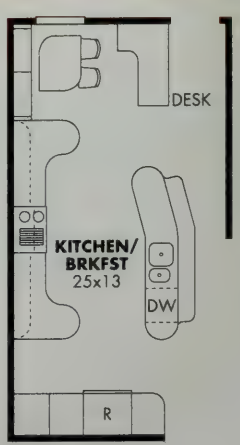
Curvy cabinets help give this kitchen its contemporary feel. They open wide to offer easy-access storage space for pots and pans.



Knocking down walls to gain open layouts and ripping out cabinet doors to create a casual look were popular tactics for 1970s-era designers, but they often netted mixed results. Fred and Michele Adams' kitchen, built in 1974, was much too open to work efficiently for today's busy family life.

"The old kitchen drove us absolutely crazy," says Michele. "It was extremely inefficient, with the refrigerator on one side and the sink on the other, and the stove somewhere in the middle. We're talking a room measuring 14×29 feet, so just imagine walking 30 feet every time you needed to do something."

Funky design made way for practical convenience in a remodeling project that won the family $1,000. The U-shaped kitchen was converted to an island plan with a two-tiered center stage.



The new plan places appliances in an efficient work triangle at one end of the room, with a breakfast nook and planning desk at the other.

continued on page 54

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To add personality and pizzazz to the design, the couple had their china pattern (*inset*) stenciled on the walls at ceiling height (*above*).

Bringing this kitchen into the '90s was more than a matter of shuffling storage and appliances; it also involved swapping new fittings and materials for old. Down came the clunky track lights and up went sleek recessed cans. And instead of high-maintenance wood counters, the Adamses installed no-worry solid-surface material. It covers all of the kitchen counters and forms an easy-to-clean, full-height backsplash behind the range.

The final and most-important step in throwing out the 1970s design leftovers was removing the let-it-all-hang-out shelving and replacing it with conventional cabinetry. The new cabinets aren't just pretty to look at; they hide clutter and their innards include a host of hardworking storage organizers that make life easier for the whole family. "I really went hog wild designing those cabinets," says Michele. "Fred and I spend a lot of time in the kitchen. We do a lot of canning and make jams and jellies, and wanted space for the two of us to work more efficiently."



The solid-surface countertops feature an inset edge detail that brings out the color of the wood floor and matches the moldings.

continued on page 58


Friends
ome over.
ou grill in.
ou laugh.
Someone
offers to
scrub the
grill.
You say no.
You are a
martyr.
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throw the
grill in the
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Mail by November 30, 1997

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A leather banquette, glass pedestal table, and rattan chairs help create a bistrolike ambience in the casual dining space (*left*).

Unlike many kitchen work niches, the junior office (*below*) has enough room for a complete computer system.



The notion of working efficiently isn't limited to cooking, however. This modern kitchen also features a computer desk (*right*). The desk gives Mom and Dad a place to work out finances and gives the kids space to do homework or even play a game while dinner is cooking. And with a clear view to the outdoors, computer users can feel as if they have a corner office with a window.

When all of the work is done, it's time to eat. The casual seating at the island gets the heaviest workout during mealtimes. It's a handy perch for cook's helpers and a favorite spot for meals on the run. "Because of the kids' schedules," says Michele, "nine times of out 10 we eat at the island."

For more relaxed [illegible]inate dining, the family gathers around the banquette—a favorite spot to spend time together on Saturday and Sunday evenings. Space underneath the banquette earns its keep as bonus storage.

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bathroom remodeling

WINNER

For some of us, morning is a time when we stumble about the bathroom half-asleep. For others who push the "snooze" button a few too many times, morning means getting off to a late start, then racing frantically to catch up. For Fred and Michele Adams, who'd had *enough* of the previous two kinds of mornings, dawn has become a refreshing spa experience—every day.

"I'll never forget for as long as I live," Michele recalls, "how after about a week sleeping in the new suite, my husband woke up and said, 'I still can't believe this is my house. It's like waking up in a hotel!' "

The Adamses' newfound love of mornings also won them $1,000 in the Bathroom Remodelings category.

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A bright bathroom (*above*) warmly welcomes the morning. Glass block partitions are used to enclose the toilet compartment and walk-in shower while keeping the room from becoming a series of chopped-up spaces.



Two sinks (*left*), one on each side of the linen cabinet, allow Michele and Fred to tackle the mornings without bumping into one another. The garnet-colored solid surfacing used on the countertops also lines the shower's back wall and built-in bench.

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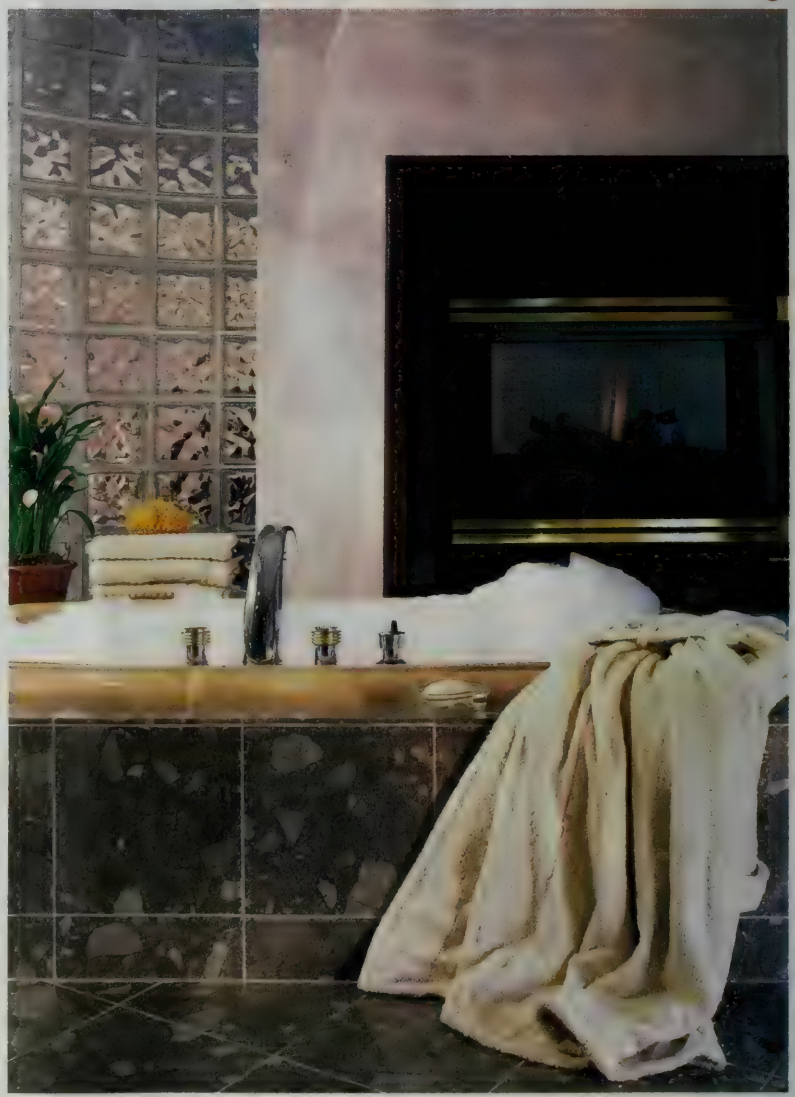
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Fred and Michele refashioned an isolated, little-used recreation room and bath into a secluded master suite. The old bathroom, which included a sauna, provided plenty of space for a much-improved successor.

The generous dimensions allowed the Adamses to saturate the space with first-class amenities—a walk-in shower, whirlpool bath, dual sinks, and three-sided gas fireplace—without cramping floor space and traffic flow. Fred and Michele kept the space visually open, too, by designing glass block walls to separate the shower and toilet from the rest of the bath.

But the glass block serves as much more than mere partitions. It so successfully brightens the suite with

A see-through gas fireplace—conveniently lit by remote control—makes a soak in the whirlpool bath (*above*) especially relaxing. The fire also provides a warm glow to the adjoining bedroom.



glorious sunlight, you'd hardly know that this bathroom is part of a walk-out basement. Michele introduced another light touch by specifying a bright decorative paint treatment. After the walls were painted mauve and taupe, they were rag-rolled with a lustrous white pearlized paint. For contrast, she chose a dark-colored terrazzo marble tile for the floors.

A tall niche (*left*) stores towels just across from the tub. Glass shelves divide the compartment, which is lined with the same garnet-colored solid surfacing used throughout the bath.

continued on page 64



interior remodeling

WINNER

Large skylights and an arched transom open up the attic (*left*) to sunny vistas. Jim built the bed for only $50; he salvaged pine logs from a nearby forest, then stripped the bark himself with an antique wood peeler.

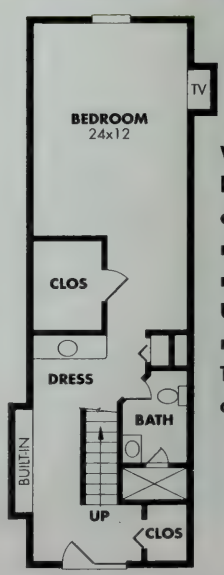


Converting your attic to bonus living space may be the most cost-effective remodeling strategy of all, especially if you invest some sweat equity along the way. It paid off handsomely for Jim and Janet MacRae, who won $1,000 in our Interior Remodeling category. Their once dark and dingy attic is now an airy master suite.

"We needed a second bathroom and more closets," says Janet, "and we wanted to capture majestic views of the Rocky Mountains and Pikes Peak." Before the remodel, their attic contained two cramped, low-headroom spaces and two tiny windows, one at each end. The MacRaes tore out most of the partitions and started over, adding big skylights along the view side of the roof, an arched transom window in the front gable, and sliding glass doors in the rear gable. Built-in storage tucks into knee-wall spaces under the eaves, freeing floor space for furniture.

The centerpiece of their new master bedroom is a lodgepole pine bed, which Jim crafted with his own hands. His inspiration was a bed that Jim and Janet first saw while honeymooning in Jackson Hole, Wyoming.

continued on page 66



What had been boxy, dimly lit attic space is now a skylighted master suite. Under-eaves niches house the TV and a built-in chest of drawers.


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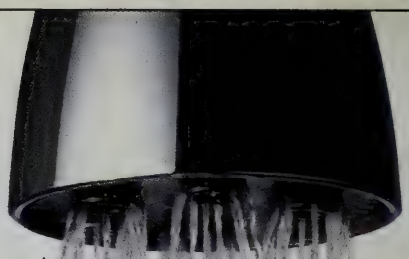
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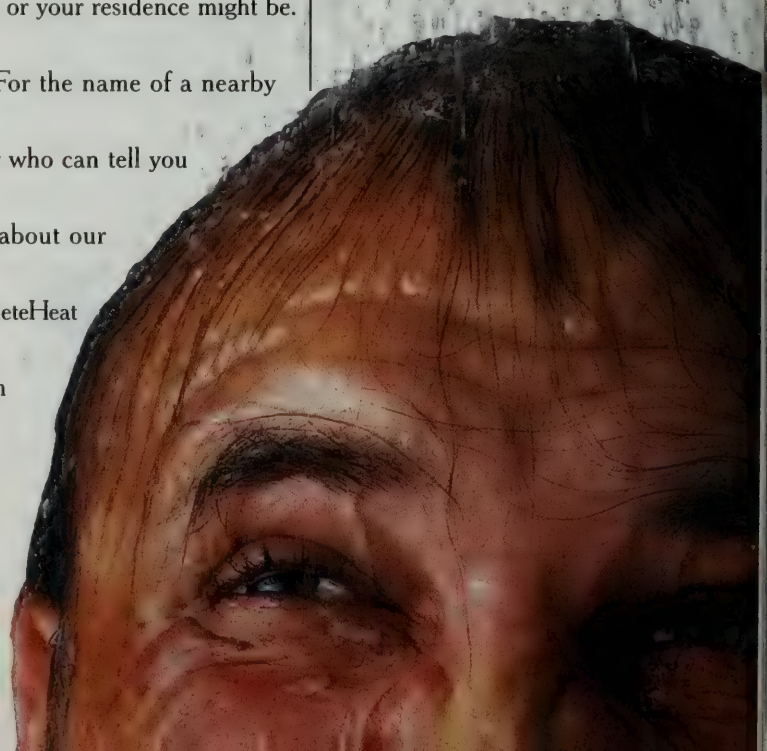
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A full-size tub would have been a tight fit, but there was ample room for a big shower (*left*). Adding a skylight gained extra headroom—plus a generous supply of blue sky. Unable to find a contractor to install the skylights, Jim tackled the job himself (*below*). He did the installation in a weekend—and saved $5,000 in labor.



Squeezing the entire master bath into under-eaves space on one side of the stairwell would have left no room for a vanity, so Jim and Janet turned the stair landing on the other side into a dressing area and installed a generous-size vanity there. This yielded more space in the bathroom for the toilet and shower. (See plan on *page 64*.)



To merge the dressing area with the master bedroom, the MacRaes installed their vanity sink in a chest of drawers (*right*) that matches the chest in their bedroom. They cut a hole in the top for the sink, and sealed the wood with a clear-coat finish. Drawers and shelves in the knee wall nearby provide additional storage for clothing and linens.

Buying information, page 72

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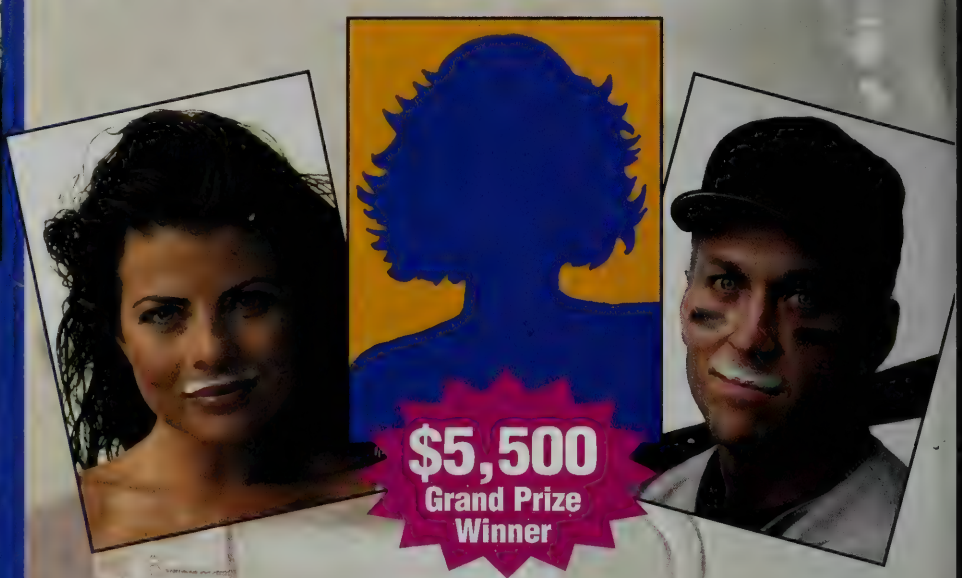




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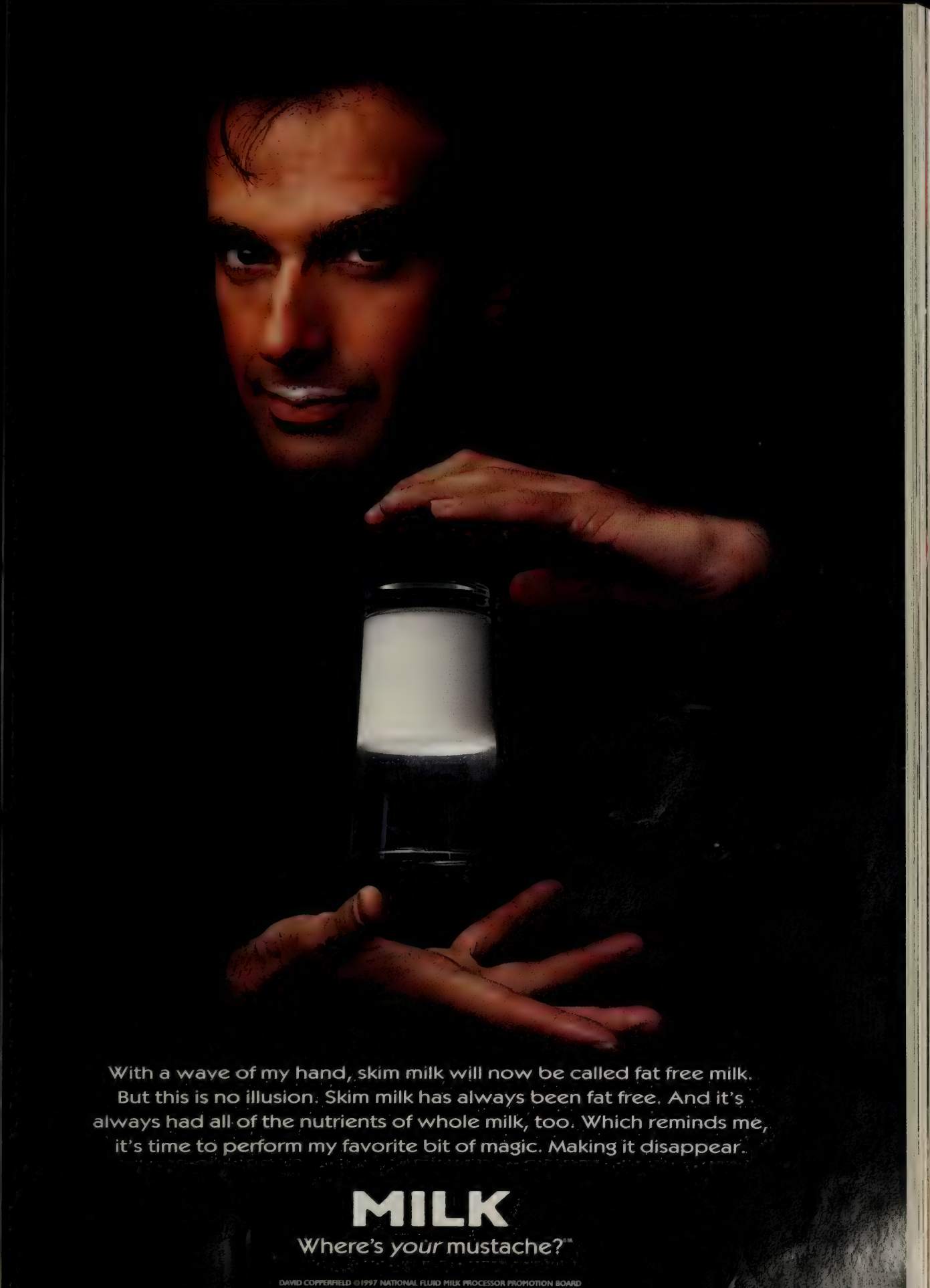
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TO ENTER (read rules for complete information) 1. For each recipe entry, complete this form or print your name, address, daytime phone number, and recipe category on a postcard. 2. Attach this form or a postcard to the back of each recipe entry. Mail to: "Best Milk Recipes in America" Recipe Contest – LS 100, 1716 Locust St., Des Moines, IA 50309-3023.

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continued from page 67

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Whole-House Remodelings
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Tim & Carol Inglis
B Winner:
Jim & Joe Harman
C Winner:
Donna Robertson
Merit Winners:
Joe & Jussara Carballosa
Steven Casaceli
Aaron & Reta Fikar
Tracy Gosson
Marie Gould-Voss
Ray & Nancy Hartl
Charles & Mary Johnson
Mr. and Mrs. Richard L. Kemph
Mr. & Mrs. Leonardo Vacchina

Restorations
A Winner and Contest Runner-Up:
Butch & Laurie Broughton
B Winner:
Stewart & Dawn White
C Winner:
Larry & Alice Garland
Merit Winners:
Rick & Cathy Bohne
Karen Sherman Bunnewith
Helen Donmoyer
Dorcas Gonzalez-Lantz
Tricia & Bob Lupardo
Edward & Mary Rivas
Lynne Smithwood
Mike & Linda Spolar
James & Patricia Tichenor

Kitchen Remodelings
A Winner and Contest Runner-Up:
Michele & Fred Adams
B Winner:
John & Lisa Kenworthy
C Winner:
Theresa Corcoran
Merit Winners:
Jolene Bailey
Eric & Sue Broder
Kitchen Remodelings
Sharon K. Burghardt
Mr. & Mrs. Robert de Holl
Dianne Di Mattia
Doug & Carol Doorenbo
Mary Evslin
Nancy Lee & Thomas E. Hohn
Craig & Holly Smith

Bathroom Remodelings
A Winner:
Michele & Fred Adams
B Winner:
Lawrence Oshier
C Winner:
Paulette Erickson
Merit Winners:
Dr. & Mrs. T.R. Andrews
Cheryl & David Griffith
Holle Haussener
Hal & Holly Henderson
Karen Hutcheson
Pat & Pam Milligan
Sara Kaye Mirski
Pat & Jeanette Temple
Tim & Mary Thompson

Interior Remodelings
A Winner:
Jim & Janet McRae
B Winner:
Greg & Janet Collins
C Winner:
Rita Tice
Merit Winners:
Kathleen A. Baids
Ron R. Craft
Tawyna Crump
Isabel Gomez De Psyllos
Yves C. Francois
Rob & Sharon McGregor
Michael James Palladino
Ruth J. Stewart
Thomas West

Exterior Fix-Ups
A Winner:
Jean & Randall Caswell
B Winner:
Robyn & Wade*Metz
C Winner:
Larry & Linda Embry
Merit Winners:
Andrew & Andrea Attias
Robert D. Cardwell, Jr.
Stephen & Janet Conran
Scott & Barbara Gabrielson
Candy Galvan
Jack & Joyce Giguere
Mark A. Green
Meg & Jack Hewitt
Bill & Rita Houston
Lori & Frank Locastro
Ken & Ann Murdock
Josef Patrick Pescett
Karen L. Porter
Stacy Seip
David & Paula Sogan
Barbara & Peter Staley
Bud & Rose Storm
Mr. & Mrs. Richard Verblaauw

Outdoor Improvements
A Winner:
Barbara & John Porter
B Winner:
Jim & Marlene Sidon
C Winner:
Kurt A. Morehead
Merit Winners:
Christine Barreca
Ken & Dee Blackman
Kim Bridges
Denis & Barbara Calvert
Tim & Sonja Comb
Diane H. Finucci
Michael & Christina Gasper
Steve & Cindy Harris
Ron Knettel
Tom & Ann McKenna
Judith Salter
Kent & Karlyn Wegmann
Joe & Lisa Zeeben

Additions
A Winner:
Suzanne & Steve Mariucci
B Winner:
Mrs. Frances E. Davis
C Winner:
Charles & Nancy Bageant
Merit Winners:
George & Marjory Abernathy
Sangchul Bang
Allen & Sheila Friday
Ann Hux Johnson
Debra Schluter
Susan & Jules Siskind
Harvey M. Tattelbaum
Marilyn B. Wheeler
Elaine J. Wojcik

DECORATING WINNERS
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A Winner:
Cindy Ballinger
B Winner:
Mr. & Mrs. Sidney M. Gay
C Winner:
Pamela J. Russo
Merit Winners:
Marie Blasi
Leslie Boden
Gail Brewer
Lisa & Steve Forster
Mrs. John E. Henderson, Jr.
Mr. & Mrs. Jimmy N. Lawson
Holly Ann Lichtman
Margaret McCain
Janet Sandlin

Private Places
A Winner:
Joe & Jussara Carballosa
B Winner:
Jerry & Bonnie Barnard
C Winner:
Martha O'Connell
Merit Winners:
Tina Marie Bakkalapulo
Cindy Ballinger
Robyn Castranova
Tom & Carla French
Julian W. Massi
Elizabeth Smith
Tom & Becky Smith
Bill Truxell
Kelly Turner

Public Spaces
A Winner:
Denise Ritchey
B Winner:
Beth J. Johnson
C Winner:
Ann M. Bellardini
Merit Winners:
Austin & Jeannie Church
Donnie & Sheila Gean
Marilyn Goldberg
Kathryn Hanley
Mari A. Mansfield
Ron Masanz
Martha A. Maloney Morrison
Kisandra Paulson Sparling
Owen & Sharon Standfest

Special Places
A Winner:
Cyndy Dworetsky
B Winner:
Anna Melling
C Winner:
Margaret (Margo) Mary Barber
Merit Winners:
Michele Adams
Joann Albertson
Charley & Jan Belote
Leslie Cohen
Amy Cohn
Anne D'Antonio
Kenneth & Kristy Dunn
Randal & Celeste Null
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Buying guide
SHOPPING

Most of the products shown editorially in *Better Homes and Gardens*® magazine can be obtained locally. For more information, write the manufacturers listed below.

STYLE IN THE MAKING: THE POINT OF IT ALL

Page 25: slipcovered wing club chair, "Salerno," 761—Rowe Furniture; for a dealer near you call 800/334-7693. **Gateleg table**—antique. **Plaid wing chair,** 7107-33 (Woven Browns)—Palecek, P.O. Box 225, Richmond, CA 94808; 800/274-7730. **Wall prints**—antique. **Wall coverings (*top*):** 190142; **(*bottom*):** 190145; **(*center*): border,** 190904—Sunworthy Wallcoverings; 800/535-7811. **Picture rail and base trim,** "Dover White," SW1648—Sherwin-Williams; for a store near you call 800/474-3794. **All other items**—antique, discontinued, or a personal belonging.

Page 27: sofa—Thomasville Upholstery; for a dealer near you call 800/225-0265. **Paint on wall, (*top*):** "Moon Slice," SW1647; **(*bottom*):** "Steel Blue," SW1223; **window shutters and trim,** "Colony Blue," SW1218—Sherwin-Williams (address above). **Shutters**—available at lumberyards and home improvement centers nationwide. **All other items**—antique, discontinued, or a personal belonging.

Page 30: twin-size slipcovered sleeper, "The Somerset," 7679—Rowe Furniture (address above). **Green table**—antique. **Paint on wall: (*darkest to lightest*),** "Leather Leaf," SW1167; "Olive Drab," SW1166; "Summer Resort," SW1162; "Pale Artichoke," SW1163—Sherwin-Williams (address above). **All other items**—antique, discontinued, or a personal belonging.

Page 32 (*top*): tight back love seat—Broyhill Upholstery, Broyhill Furniture Ind.; for a dealer near you call 800/327-6944. **Side chair, arm chair, crock, and quilt**—antique. **Paint on wall,** "Peristyle Brass," SW0043—Sherwin-Williams (address above). **All other item**—antique, discontinued, or a personal belonging. **(*Bottom*): drapery rod and clips**—Umbra; 800/387-5122.

CLEVER CUBBIES

Page 40 (*bottom right*): cabinetry—Wood-Mode, Inc., One Second St., Kreamer, PA 17833. **Countertop**—Georgia Granite, 4675 Granite Dr., Tucker, GA 30084. **China**—Villeroy & Boch; for a store near you call 800/845-5376.

Page 42 (*top*): cabinet-front drawers—Wood-Mode, Inc. (address above). **Dryer**—Frigidaire Co., 6000 Perimeter Dr., Dublin, OH 43017-3215; 800/374-4432. **(*Bottom left and right*): mixer**—KitchenAid, 2000 M-63 North, Benton Harbor, MI 49022; 800/422-1230. **Wall paint**—The Sherwin-Williams Co.; for further information call 800/474-3794.

Page 44 (*top* and *center*): window blinds, "Duette"—Hunter Douglas Duette Window Fashions, Customer Service Information, One Duette Way, Broomfield, CO 80020; 800/327-8953. **Towels** (Green), (White)—Fred Meyer, 14300 First Ave. S, Burien, WA 98101. **Soap, soap dish, wooden brush**—Northwest Art & Frame, 4733 California Ave. SW, Seattle, WA 98116. **Bench**—The Bombay Co.; 800/829-7789.

HOME IMPROVEMENT CONTEST WINNERS

Page 52: cabinetry, "Collonade II birch" (white enamel)—Plato Woodwork, Inc., P.O. Box 98, Plato, MN 55370. **Wood floors** (Brazillian cherry)—Buffalo Hardwood Floor Center, 3291 Walden Ave., Depew, NY 14043; 716/651-9663. **Countertops** (Evergreen with cherry wood inlay)—DuPont Corian Customer Response Center, Barley Mill Plaza, P.O. Box 80012, Wilmington, DE 19880-0012; 800/426-7426. **Window**—Pella Windows & Doors, 102 Main St., Pella, IA 50219; 800/547-3552. **Pendant lights**—L.D. Kichener, 7711 E. Pleasant Valley Rd., Cleveland, OH 44131-5552; 800/659-9000. **Stools**—Crate & Barrel; for store locations call 800/451-8217.

Page 54: backsplash—DuPont Corian (address above). **Microwave,** MT9160XBB/Q—Whirlpool Corp., 2000 US 33 North, Benton Harbor, MI 49022; 800/253-1301. **Stove**—Jenn-Air, 403 W. Fourth St., N, Newton, IA 50208; 800/536-6247. **China,** "Intaglio"—Mikasa, 30 W. 23rd St., New York, NY 10010.

Page 58 (*top*): cabinetry, "Collonade II birch" (white enamel)—Plato Woodwork, Inc. (address above). **Window**—Pella Windows & Doors (address above). **Pendant light**—L.D. Kichener (address above). **(*Bottom*): glass door**—Andersen Windows, Inc., P.O. Box 203070, Austin, TX 78720-9752; 800/426-4261, extension 1232.

Pages 60–63: **glass block**—Pittsburgh Corning, 800 Presque Isle Dr., Pittsburgh, PA 15239; 800/992-5769. **Whirlpool tub**—Kohler Co., Kohler, WI 53044; 800/456-4537. **Fireplace**—Heat-N-Glo Fireplace Products, Inc., 6665 W. Hwy. 13, Savage, MN 55378; 800/669-4328. **Fireplace surround, shower bench** (Garnet)—DuPont Corian (address above). **Countertop** (Garnet with Glacier white inlay); **sink bowls** (Glacier white)—DuPont Corian (address above). **All plumbing fixtures,** "Concentrix"—Moen Inc., 25300 Al Moen Dr., North Olmstead, OH 44070-8022; 800/553-6636. **Cabinetry,** "Collonade II birch" (Ivory)—Plato Woodwork, Inc. (address above). **Terrazzo marble floor**—Mario & Son Tile & Linoleum Co., Inc., 2755 Harlem Rd., Cheektowaga, NY 14225; 716/894-3298.

Page 64 (*top*): bed linens—JC Penney Home Publicity, P.O. Box 10001, Dallas, TX 75301-0001; 800/222-6161. **Low chest of drawers,** "Fontana"—Broyhill Furniture Ind., Inc., 1 Broyhill Park, Lenoir, NC 28633; 800/327-6944.

Page 67: (*top*): skylight—Velux Roof Windows and Skylights, P.O. Box 5001, Greenwood, SC 29648-5001; 800/283-2831. **(*Bottom*): chest for vanity,** "Fontana"—Broyhill Furniture Ind., Inc. (address above). **Sink**—Kohler Co. (address above). **Faucet**—Moen, Inc. (address above).

GARDENER'S ALMANAC

Pages 152–155: Forest Pansy redbud—Arborvillage Farm Nursery, P.O. Box 227, Holt, MO 64048; 816/264-3911; catalog $1. Forestfarm, 990 Tetherow Rd., Williams, OR 97544; 541/846-7269; catalog $4. Gossler Farms Nursery, 1200 Weaver Rd., Springfield, OR 97478-9663; 541/746-3922; catalog $2. Greer Gardens, 1280 Goodpasture Island Rd., Eugene, OR 97401; 503/686-8266; catalog $3. **Dusty miller**—Henry Field's Seed and Nursery, 415 N. Burnett, Shenandoah, IA 51602; 605/665-9391; free catalog. **Blue honeywort**—Thompson & Morgan, P.O. Box 1308, Farraday and Gramme Aves., Jackson, NJ 08527; 800/274-7333; free catalog. Seymour's Selected Seeds, P.O. Box 1346, Sussex, VA 23884; 803/663-3084. Free catalog. **Variegated mock orange**—Heronswood Nursery Ltd., 7530 288th St., NE, Kingston, WA 98346; 360/297-4172; catalog $4. **Miscanthus**—Kurt Bluemel Inc., 2740 Greene Lane, Baldwin, MD 21013, no phone orders; catalog $3. **Sedum**—White Flower Farm, Rt. 63, Litchfield, CT 06759; 800/503-9624; free catalog. **Adjania**—Plant Delights Nursery, 9241 Sauls Rd., Raleigh, NC 27603; 919/772-4794; catalog $3.20. **Roses**—Heirloom Old Garden Roses, 24062 NE. Riverside Dr., St. Paul, OR 97137; 503/538-1576; catalog $5. Antique Rose Emporium, 9300 Lueckemeyer Rd., Brenham, TX 77833; 800/441-0002; catalog $5. Jackson & Perkins, P.O. Box 1028, Medford, OR 97501; 800/292-4796; free catalog. **Delphinium**—Milaeger's Gardens, 4838 Douglas Ave., Racine, WI 53402; 414/639-2371; catalog $1. **Rodgersia**—Carroll Gardens, 444 E. Main St., Westminster, MD 21157; 800/638-6334; catalog $3.

A WINTER HOME FOR HERBS

Pages 169–174: herbs—Papa Geno's Herb Garden, 1951 S. 25th St., Lincoln, NE 68502; 402/423-5051; free catalog. Cook's Garden, P.O. Box 535, Londonderry, VT 05148; 802/824-3400; free catalog. Shepherd's Garden Seeds, 30 Irene St., Torrington, CT 06790; 860/482-3638; free catalog. Santa Barbara Heirloom Seedling Nursery, P.O. Box 4235, Santa Barbara, CA 93140; 805/968-5444; free catalog.

MISSION STATEMENT

Pages 178–186: all items not sourced—antique, discontinued, or a personal belonging.

Pages 178–179: state chair, 7767-63 (Walnut); **cushion cover,** 7393-86 (Washed Tan Denim)—Palecek, P.O. Box 225, Richmond, CA 94808; 800/274-7730. **Round lamp table,** 6033-641; **rectangle cocktail table,** 6095-613—Bassett Furniture Ind.; for a retailer near you call 540/629-6000. **Table lamp,** T666 (Mohawk)—Rejuvenation Lamp & Fixture Co., 1100 SE. Grand Ave., Portland, OR 97214; 888/343-8548. **Sofa,** 7530; **slipcover,** 712107—Rowe Furniture; for a dealer near you call 800/334-7693. **Rug,** "Fern" (Sage, 275)—Capel, Inc., 831 N. Main St., Troy, NC 27371; 800/334-3711. **Throw pillows**—Pier 1 Imports; 800/447-4371. **Two-inch wood blinds** (Honey Maple)—Smith & Noble Windoware; 800/248-8888.

Page 180: tile fireplace front, DK-302 (Seafoam Green); hearth, DK-341 (Green Sea)—Daltile Corp., 7834 C. F. Hawn Fwy., Dallas, TX 75217; 800/933-8453.

Page 181 (*bottom left*): state chair, 7767-63 (Walnut); **cushion cover,** 7393-86 (Washed Tan Denim)—Palecek (address above). **Floor lamp and pillow**—Pier 1 Imports; 800/447-4371.

Page 183: bowl light fixture, C556 (Hudson); **desk lamp,** T707 (Elizabeth)—Rejuvenation Lamp & Fixture Co. (address above). **Large wall print**—The Art Store; 800/652-2225. **Small print on bookcase**—Ballard Designs, 1670 DeFoor Ave., NW, Atlanta, GA 30318; 800/367-2775. **Desk,** 6033850; **open bookcase unit,** 9033-608; **spindle-back arm chair,** 4033-460; **spindle-back side chair,** 4033-461—Bassett Furniture Ind. (address above). **Window sheer,** "Esprit" (Marble), 304001—Waverly; 800/423-5881.

Pages 184–185: swivel office chair, 89-3245 (Oak); **computer work table,** 89-2586 (Oak); **four-door deck unit,** 89-2587D (Oak); **mobile printer file,** 89-2589 (Oak)—L. & J.G. Stickley, Inc.; 315/682-5500. **Drapery** (Leaf Sheer)—Stroheim & Romann; for more information call 718/706-7000. **Paint on wall,** "Summer

continued on page 102

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Lampshades

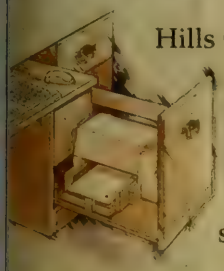
Lighten up your decorating style with witty and whimsical lampshades. A little inspiration—plus such everyday items as ribbons, flowers, stickers, and paint—turn ordinary paper shades into eye-catching bright spots. For painting or decoupaging, start with new shades or ones in perfect condition. (Crafts stores carry a range of sizes.) Slightly damaged shades can be disguised if covered completely with fabric or flower trims. For the best paint coverage, look for concentrated, medium-viscosity acrylic artist's paints. Hot-glue guns are a fast and easy way to adhere trims. But since heat can soften the adhesive, use glued shades with low-wattage lightbulbs only. Permanent fabric glues work well in all situations.

Flower stickers bloom on a simple shade colored with acrylic paints. Using a foam brush, paint the shade with two coats of artist's paint. Dilute the color with an equal amount of white and paint a 1½-inch-wide band at the top and bottom. When the paint dries, add the stickers.

continued on page 76

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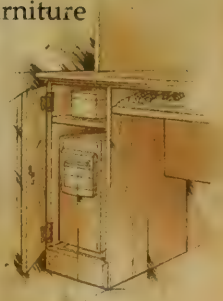


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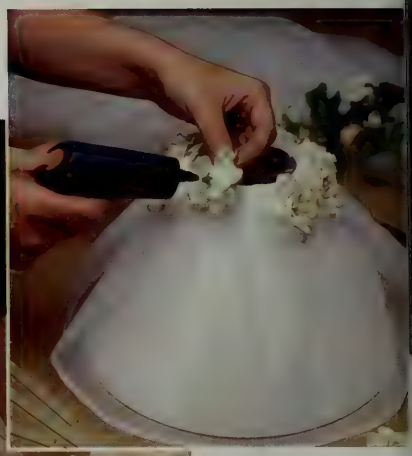
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Lampshades

continued from page 74





Sheer fabric and silk roses transform an ugly duckling shade into a graceful swan. Match the organza to the shade color or choose fabric and roses that contrast slightly—pink, peach, soft green, or ivory work well over white shades. (A colored lightbulb also adds a soft hue to the shade.) Tulle fabric works well for this shade and often is available with glittered designs for the holidays. A rotary cutter and a wide ruler make cutting the fabric much easier.

A ballerina-style bedside lamp is just tutu sweet dressed in organza and roses. Choose a shallow cone-shaped lampshade of light-colored paper or fabric—the flatter the shade, the more it looks like a ballerina. Cut organza to measure one inch longer than the shade and double the bottom circumference. Join the short ends in a ⅝-inch seam, then trim away the excess seam. Hem one edge in a ¼-inch rolled hem. Gather the remaining edge with your fingers and use fabric glue to attach it to the top of the shade, allowing ½ inch to extend beyond the shade. Glue the extension to the inside of the shade. If you want, cover the inside edge with narrow ribbon. Clip the stems from silk roses and glue them around the upper edge.

continued on page 78

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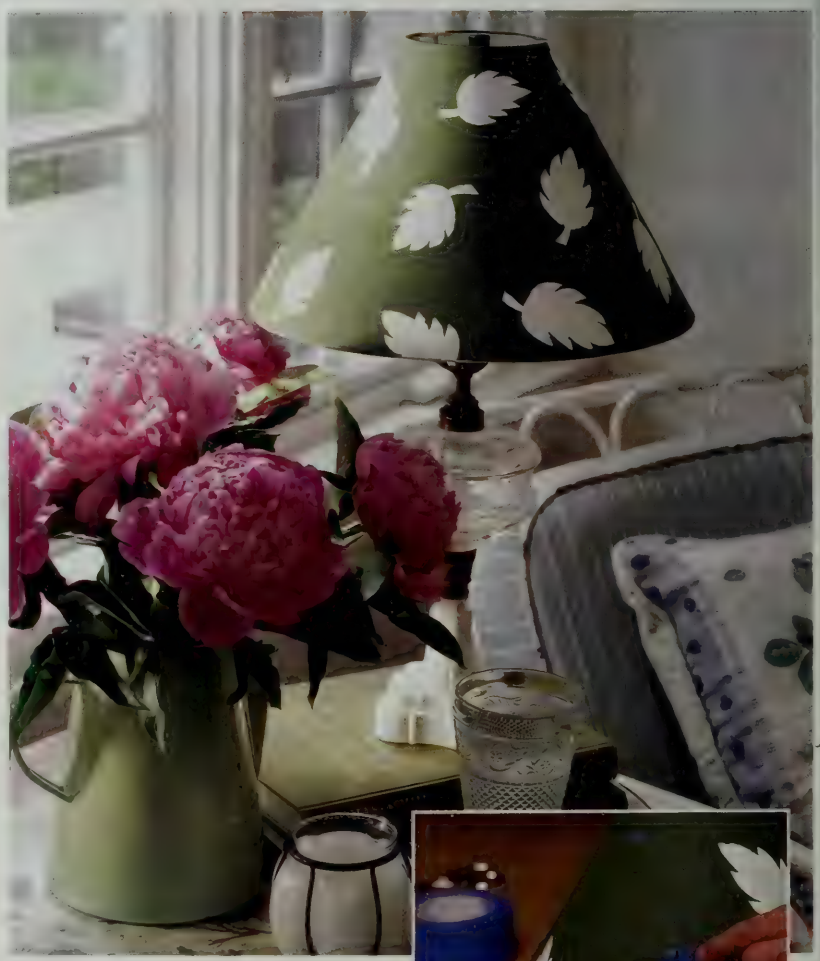


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Lampshades *continued from page 76*





Autumn leaves blow across a shade that's painted the color of a forest floor. When the light is turned on, the white leaves glow with light against the opaque background. A paper shade of any shape will work for this project, but a flatter surface makes the reverse-stenciling easier.

Draw or trace a leaf onto cardboard, then cut it out. Trace the shape on the non-sticky side of wide painter's tape. Cut out the leaves. Stick the leaves to the shade and seal down the edges by pressing with a credit card. Using long, even strokes, paint the shade with two coats of concentrated, medium-viscosity acrylic artist's paint in green or your desired color. After the paint dries, carefully peel away the tape.

The process used on this shade is the opposite of stenciling—the design is masked off and then painted over. Low-tack painter's tape is the key element. It sticks down well but no sticky residue remains behind when it's peeled away.

To help with the placement of the leaves, set the shade on your lighted lamp while you're working. The light will help you determine if the leaves are evenly spaced around the shade.

continued on page 80



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Lampshades *continued from page 78*

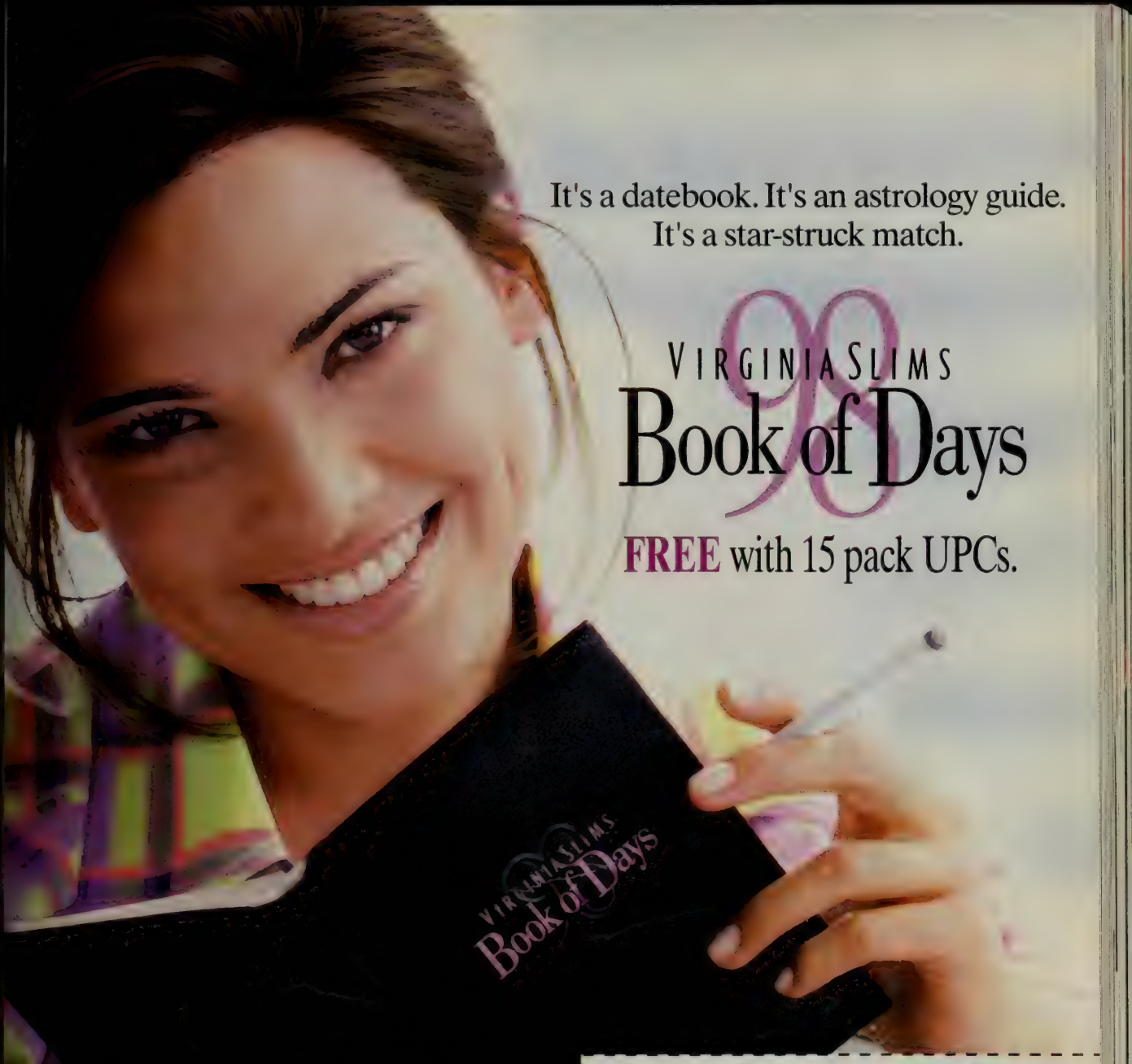


Yards of pleated ribbon make for a weighty shade. A high-temperature glue gun (*below*) is fast and easy, and the adhesive is more stable than that used in low-temperature guns. Or, try a quick-setting permanent fabric glue to ensure that your handiwork doesn't unravel.



Little Bo Peep couldn't have done it better—a pleated-ribbon shade topped with a cap of roses gets its inspiration from the hooped skirts of Southern belles and nursery rhymes. Embellishments like this work best when done on a small shade and used on simple candlestick lamps or unadorned bases. The satin ribbon comes pre-pleated from fabric or crafts stores—just glue it in place. Figure your yardage by winding a fabric tape measure around the shade from bottom to top, then adding a yard or two so your ribbon doesn't come up short. Starting at the bottom of the shade, glue the ribbon so it covers the lower rim of the frame. Slowly spiral the ribbon upward, covering the upper edge of the previous row of ribbon. Glue a ring of ribbon rosettes around the top to cover the upper edge.

continued on page 82



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Lampshades *continued from page 80*





Artist's paint comes in a wide range of colors, making it easy to match a lampshade to your room decor. Before painting, make sure the shade is clean and in perfect condition. Paper shades work best, but avoid those with a glossy surface—the paint may peel away. After the paint dries, place the shade on a lighted lamp and check for streaks or thin spots. Keep touching it up until the color is even.

This timely shade employs clip art and the age-old technique of decoupage. Clip-art books, available at art and graphic supply stores, are filled with reproducible drawings and images. Almost any subject is covered in these low-cost treasures, making it easy to customize a shade to any room or hobby. Paint the lampshade in your desired color. Photocopy the images, then cut them out. Paint the backs with white glue or decoupage medium and smooth the images onto the shade. If desired, finish the shade with two or more coats of decoupage medium.

continued on page 84



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Lampshades *continued from page 82*



A country-garden mix of silk roses (or other flowers) arranged and glued to a plain lampshade is a feminine topper for a bedside light. This rows-of-roses technique is ideal for large shades with lots of surface area to cover. Or, adapt the idea for smaller shades: Miniature rosebuds make a rich trim for tiny candlestick lampshades.



It's a garden party! This ginger-jar lamp is topped with a bouquet of silk roses so it looks like a vase overflowing with a gardener's bounty. A candlestick base would also work. Avoid lamp bases with lots of detail, though—they'll steal the shade's thunder. Hot-glue (at high temperature) two rows of silk leaves around the bottom and top of a lampshade. (If you're using a small shade, such as a candlestick lampshade, or high-wattage bulb, use a fabric shade and quick-setting permanent fabric glue instead of hot glue. It will be more stable.) Trim the stems from silk roses. Working from the bottom up, glue the roses to the middle of the shade. Pack the roses tightly and work in an orderly manner so the roses form even rows.

BIOLAGE
FROM MATRIX
PURIFYING BOTANICALS & HERBAL EXTRACTS REJUVENATE
THE HAIR AND THE SKIN, THE BODY AND THE MIND.
Matrix The leading choice of salon professionals.
Available only in fine salons



A distinctly American blend.
Crafted to be especially smooth,
it's always GOOD TO THE LAST DROP.

television

The One to Watch

Better Homes and Gardens® Television launched this fall with the kind of programming you'd expect from America's premier home and family magazine. Here's a state-by-state list of when and where to tune in. Dates and times are subject to change, so check your local listings for the latest information.

ALABAMA
Birmingham: WBMG ch. 42 Friday 12:00 noon
Mobile: WKRG ch. 5 Saturday 6:00 a.m.
Montgomery: WHOA ch. 32 Saturday 6:00 a.m.

ALASKA
Anchorage: KTBY ch. 4 Saturday 3:30 p.m.
Fairbanks: KXD ch. 13 Sunday 4:00 p.m.

ARIZONA
Phoenix: KPHO ch. 5 Sunday 4:30 p.m.
Tucson-Nogales: KVOA ch. 4 Saturday 6:30 p.m.

ARKANSAS
Fort Smith: KSBN ch. 57 Tuesday 2:30 p.m./Sunday 2:30 p.m.
Little Rock-Pine Bluff: KKYK ch. 22 Saturday 6:00 a.m.

CALIFORNIA
Eureka: KVIQ ch. 6 Sunday 5:00 p.m.
Fresno-Visalia: KJEO ch. 47 Sunday 6:30 a.m.
Los Angeles: KABC ch. 7 Sunday 12:00 noon
Palm Springs: KMIR ch. 6 Sunday 8:30 a.m.
Sacramento-Stockton-Modesto: KXTV ch. 10 Sunday 9:30 a.m.
San Diego: KFMB ch. 8 Sunday 10:00 a.m.
San Francisco-Oakland-San Jose: KGO ch. 7 Sunday 12:30 p.m.
Santa Barbara-Santa Maria-San Luis Obispo: KSBY ch. 6 Sunday 5:00 a.m.

COLORADO
Denver: KMGH ch. 7 Saturday 5:00 a.m.

CONNECTICUT
Hartford-New Haven: WVIT ch. 30 Sunday 9:30 a.m.

DISTRICT of COLUMBIA
WUSA ch. 9 Sunday 12:30 p.m.

FLORIDA
Fort Myers-Naples: WZVN ch. 26 Sunday 8:00 a.m.
Gainesville: WOGX ch. 51 Sunday 11:00 a.m.
Jacksonville: WJXT ch. 4 Saturday 5:30 a.m.
Miami-Ft. Lauderdale: WTVJ ch. 6 Sunday 6:30 a.m.
Orlando-Daytona-Melbourne: WCPX ch. 6 Saturday 6:30 a.m.
Panama City: WJHG ch. 7 Saturday 5:30 a.m.
Tampa-St. Petersburg-Sarasota: WFLA ch. 8 Saturday 6:30 a.m.
West Palm Beach-Fort Pierce: WPEC ch. 12 Saturday 6:00 a.m.

GEORGIA
Albany: WSST ch. 55 Friday 12:30 p.m.
Atlanta: WAGA ch. 5 Saturday 5:00 a.m.
Columbus: WLTZ ch. 38 Saturday 6:30 a.m.
Macon: WPGA ch. 58 Sunday 5:30 a.m.
Savannah: WSAV ch. 3 Sunday 5:30 a.m.

HAWAII
Honolulu: KGMB ch. 9 Sunday 1:00 p.m.

IDAHO
Boise: KTRV ch. 12 Saturday 4:30 p.m.
Idaho Falls-Pocatello: KIFI ch. 8 Sunday 8:30 a.m.
Twin Falls: KMVT ch. 11 Sunday 5:00 p.m.

ILLINOIS
Champaign-Springfield-Decatur: WAND ch. 17 Sunday 10:30 p.m.
Peoria-Bloomington: WMBD ch. 31 TBA
Rockford: WTVO ch. 17 Sunday 9:00 a.m.

INDIANA
Evansville: WFIE ch. 14 Saturday 5:00 a.m.
Fort Wayne: WPTA ch. 21 Saturday 5:00 a.m.
Indianapolis: WTHR ch. 13 Sunday 6:30 a.m.
Lafayette: WLFI ch. 18 TBA
Peoria-Bloomington: WMBD ch. 31 TBA
South Bend-Elkhart: WNDU ch. 16 TBA

IOWA
Cedar Rapids-Waterloo-Dubuque: KWWL ch. 7 Sunday 5:00 a.m.
Davenport-Rock Island-Moline: KWQC ch. 6 Saturday 6:00 a.m.
Des Moines-Ames: WHO ch. 13 Saturday 12:00 noon
Ottumwa-Kirksville: KYOU ch. 15 Sunday 10:30 a.m.

KANSAS
Pittsburg: KOAM ch. 7 Sunday 6:30 a.m
Topeka: KSNT ch. 27 Saturday 6:30 a.m.
Wichita-Hutchinson: KWCH ch. 12 Sunday 6:30 a.m.

KENTUCKY
Lexington: WTVQ ch. 36 Sunday 6:30 a.m.
Louisville: WLKY ch. 32 Sunday 1:00 p.m.
Paducah-Cape Girardeau-Harrisburg-Mt. Vernon: WSIL ch. 3 Sunday 6:30 a.m.

LOUISIANA
Alexandria: KALB ch. 5 Saturday 6:30 a.m.
Baton Rouge: WAFB ch. 9 Sunday 12:00 noon
Lafayette: KLFY ch. 10 Sunday 3:30 a.m.
New Orleans: WWL ch. 4 Saturday 6:30 a.m.
Shreveport: KSLA ch. 12 Saturday 3:00 a.m.

MAINE
Bangor: WLBZ ch. 2 Sunday 6:00 a.m.
Portland-Auburn: WCSH ch. 6 Sunday 6:30 a.m.

MARYLAND
Baltimore: WMAR ch. 2 Sunday p.m.
Salisbury: WBOC ch. 16 Sunday 12:00 noon

MASSACHUSETTS
Boston: WBZ ch. 4 Saturday 5:30 a.m.

MICHIGAN
Detroit: WXYZ ch. 7 Sunday 6:00 a.m.
Flint-Saginaw-Bay City: WNEM ch. 5 Sunday 11:00 a.m.
Grand Rapids-Kalamazoo-Battle Creek:

WOOD ch. 8 Saturday 11:00 a.m.
Lansing: WLNS ch. 6 Sunday 6:00 a.m.
Marquette: WJMN ch. 3 Sunday 1:00 p.m.
Traverse City-Cadillac: WPBN ch. 7 Sunday 11:00 a.m.

MINNESOTA
Duluth: WDIO ch. 10 Sunday 10:30 a.m.
Minneapolis-St. Paul: WCCO ch. 4 Sunday 12:00 noon

MISSISSIPPI
Hattiesburg-Laurel: WHLT ch. 22 Saturday 5:30 a.m.
Jackson: WJTV ch. 12 Saturday 5:30 a.m.

MISSOURI
Columbia-Jefferson City: KRCG ch. 13 Sunday 10:00 a.m.
Kansas City: KCTV ch. 5 Sunday 11:30 a.m.
Springfield: KSPR ch. 33 Sunday 11:30 a.m.
St. Louis: KMOV ch. 4 Saturday 11:30 a.m.

MONTANA
Billings: KULR ch. 8 Saturday 5:30 a.m.
Butte-Bozeman: KWYB ch. 18 Sunday 10:30 a.m.
Great Falls: KFBB ch. 5 Sunday 10:30 a.m.
Helena: KHBB ch. 5 Sunday 10:30 a.m.
Missoula: KTMF ch. 23 Sunday 10:30 a.m.

NEBRASKA
Omaha: WOWT ch. 6 Sunday 6:30 a.m.

NEVADA
Las Vegas: KVVU ch. 5 Saturday 12:00 noon
Reno: KOLO ch. 8 Sunday 5:30 a.m.

NEW MEXICO
Albuquerque-Santa Fe: KASY ch. 50 Saturday 9:30 a.m.

NEW YORK
Albany-Schenectady-Troy: WRGB ch. 6 Sunday 11:30 a.m.
Buffalo: WGRZ ch. 2 Saturday 10:30 a.m.
Elmira: WENY ch. 36 Sunday 11:30 a.m.
New York: WNBC ch. 4 Sunday 6:00 a.m.
Rochester: WROC ch. 8 Sunday 12:30 p.m.
Syracuse: WSTM ch. 3 Saturday 5:30 a.m.
Utica: WUTR ch. 20 TBA
Watertown: WWTI ch. 50 Sunday 7:00 a.m.

NORTH CAROLINA
Charlotte: WCNC ch. 36 Saturday 6:30 a.m.
Greensboro-High Point-Winston Salem: WXII ch. 12 Sunday 7:00 a.m.
Greenville-New Bern-Washington: WNCT ch. 9 Sunday 6:30 a.m.
Raleigh-Durham: WKFT ch. 40 Sunday 5:30 p.m.

NORTH DAKOTA
Fargo-Valley City: KXJB ch. 4 Saturday 11:30 a.m.

OHIO
Cincinnati: WLWT ch. 5 Saturday 6:30 a.m.
Cleveland: WKYC ch. 3 Saturday 6:30 a.m./Sunday 1:30 p.m.
Columbus: WSYX ch. 6 Sunday 9:00 a.m.
Dayton: WKEF ch. 22 Saturday 6:00 a.m.
Toledo: WTVG ch. 13 Sunday 9:00 a.m.
Youngstown: WKBN ch. 27 Sunday 6:30 a.m.

OKLAHOMA
Lawton: KSWO ch. 7 Saturday 6:30 a.m.
Oklahoma City: KOKH ch. 25 Saturday 3:30 a.m.
Tulsa: KTUL ch. 8 Sunday 12:00 noon

OREGON
Eugene: KVAL ch. 13 Sunday 9:00 a.m.
Portland: KOIN ch. 6 Sunday 9:00 a.m.

PENNSYLVANIA
Erie: WFXP ch. 66 Sunday 6:00 a.m.
Harrisburg-Lancaster-Lebanon-York: WGAL ch. 8 Sunday 6:00 a.m.
Philadelphia: KYW ch. 3 Saturday 6:00 a.m.
Pittsburg: KDKA ch. 2 Sunday 5:30 a.m.
Wilkes Barre-Scranton: WNEP ch. 16 Saturday 7:30 p.m.

RHODE ISLAND
Providence-New Bedford: WLNE ch. 6 Sunday 6:00 a.m.

SOUTH CAROLINA
Charleston: WCBD ch. 2 Sunday 6:30 a.m.
Columbia: WIS ch. 10 Saturday 6:00 a.m.
Florence-Myrtle Beach: WBTW ch. 13 Sunday 11:00 a.m.
Greenville: WYFF ch. 4 Sunday 6:00 a.m.

SOUTH DAKOTA
Rapid City: KEVN ch. 7 Sunday 6:30 a.m.
Sioux Falls-Mitchell: KSFY ch. 13 Sunday 12:30 p.m.

TENNESSEE
Chattanooga: WDEF ch. 12 Saturday 6:30 a.m.
Johnson City: WJHL ch. 11 Sunday 6:30 a.m.
Knoxville: WBIR ch. 10 Saturday 6:30 a.m.
Memphis: WPTY ch. 24 Sunday 5:30 a.m.
Nashville: WSMV ch. 4 Sunday 9:30 a.m.

TEXAS
Amarillo: KVII ch. 7 Sunday 9:00 a.m.
Austin: KTBC ch. 7 Saturday 7:30 a.m.
Beaumont-Port Arthur: KJAC ch. 4 Saturday 7:30 a.m.
Corpus Christi: KRIS ch. 47 Saturday 6:30 a.m.
Dallas-Ft. Worth: WFAA ch. 8 Sunday 6:00 a.m.
El Paso: KJLF ch. 65 Sunday 1:30 p.m.
Houston: KTRK ch. 13 Sunday 11:30 a.m.
Lubbock: KJTV ch. 34 Sunday 7:00 a.m.
Odessa-Midland: KMID ch. 2 Sunday 12:00 noon
San Antonio: KMOL ch. 4 Sunday 9:00 a.m.
Tyler-Longview: KLTV ch. 7 Sunday 6:30 a.m.

UTAH
Salt Lake City: KUTV ch. 2 Sunday 10:30 a.m.

VERMONT
Burlington: WCAX ch. 3 Sunday 8:00 a.m.

VIRGINIA
Norfolk-Portsmouth-Newport News: WVEC ch. 13 Sunday 1:30 p.m.
Richmond-Petersburg: WRLH ch. 35 Sunday 5:30 a.m.
Roanoke-Lynchburg: WSLS ch. 10 Saturday 6:00 a.m.

WASHINGTON
Seattle-Tacoma: KOMO ch. 4 Saturday 6:30 a.m.
Spokane: KXLY ch. 4 Sunday 8:30 a.m.
Yakim-Pasco-Richland-Kennewick: KIMA ch. 29 Sunday 10:00 a.m.

WEST VIRGINIA
Parkersburg: WTAP ch. 15 Sunday 10:30 a.m.

WISCONSIN
Green Bay-Appleton: WFRV ch. 5 Sunday 12:00 noon
LaCrosse-Eau Claire: WKBT ch. 8 Sunday 3:00 p.m.
Madison: WISC ch. 3 Sunday 3:00 p.m.
Milwaukee: WTMJ ch. 4 Sunday 6:30 a.m.

WYOMING
Casper: KKTU ch. 33 Sunday 6:30 a.m.
Casper-Riverton: KTWO ch. 2 Sunday 6:30 a.m.
Cheyenne-Scottsbluff-Sterling: KKTU ch. 33 Sunday 6:30 a.m.

Check your local listings for exact program times.



Pure and true, bold and unblended.
It's always GOOD TO THE LAST DROP.®

75 years of Holiday Magic



Presented by "M&M's"® Mini Baking Bits, MILKY WAY® Lite and PEDIGREE® Brand Food For Dogs

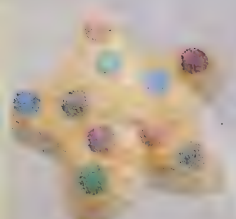
THE HOLIDAYS HAVE ALWAYS PROVIDED REASONS TO CELEBRATE, WHETHER FOR CHRISTMAS, HANUKKAH OR THE NEWEST HOLIDAY OCCASION, KWANZAA. MAGNIFICENT SMELLS EMANATE FROM KITCHENS, FAMILIES GATHER TO SHARE TRADITIONS, CANDLES FLICKER AROUND CELEBRATORY MEALS. WHILE HOLIDAY WRAPPINGS AND TRAPPINGS HAVE COME AND GONE THROUGH THE YEARS, THAT SAME NEED FOR CELEBRATION AND FAMILY CLOSENESS BURNS AS BRIGHTLY TODAY AS IT DID 75 YEARS AGO.

THE HOLIDAYS IN THE 1920s, 1930s and 1940s WERE QUIETER AFFAIRS, compared with today's glitzy standards, but they were no less magical. Families lived in closer proximity, so there was plenty of time for long visits and basking in the warmth of family and good friends. Highlights of the season were festive decorations, carefully selected or homemade gifts, and delicious (not to mention plentiful) food. Christmas fare was, of course, traditional – roast goose or turkey, fruit or oyster stuffing, corn casserole, red and green vegetable salad and mincemeat pie or steamed puddings. Spicy holiday cookies in simple shapes filled the air with the smells of cinnamon and ginger. Homemade candy (the kind that took real culinary skill) bubbled away on "modern" ranges. Red and green decorations were simple but festive with real trees and wreaths made of boughs from backyard evergreens. The tree was decked out in glass balls, paper and popcorn chains, tiny baskets of candy, gingerbread boys and candy canes. In the 1920s candles still flickered on some Christmas trees, but strands of electric lights created the glow in most homes by the end of the decade. ✻

Baking holiday baking fun for kids



✻ Sprinkle "M&M's"® Mini Baking Bits on top of frosted holiday cupcakes.



✻ Decorate holiday sugar cookies with "M&M's"® Mini Baking Bits.



✻ Top an ice cream sundae with "M&M's"® Mini Baking Bits for a festive touch.



Red's Ultimate "M&M's"® Cookies made with "M&M's"® Mini Baking Bits

1 cup (2 sticks) butter, softened
1/2 cup granulated sugar
1/2 cup firmly packed light brown sugar
1 large egg
1 teaspoon vanilla extract
2 cups all-purpose flour
1/2 teaspoon baking soda
1/8 teaspoon salt
1 12-oz. pkg. "M&M's"® Semi-Sweet or Milk Chocolate Mini Baking Bits
3/4 cup chopped nuts (optional)



Preheat oven to **350°F**. In large bowl, cream butter and sugars until light and fluffy. Beat in egg and vanilla. In medium bowl, combine flour, baking soda and salt. Blend in creamed mixture. Stir in "M&M's"® Mini Baking Bits and nuts, if using. Drop by heaping tablespoonfuls about 2 inches apart onto ungreased cookie sheet. Bake **10-13 minutes**, or until edges are lightly browned and centers are still soft. Do not overbake. Cool one minute on cookie sheet; cool completely on wire racks. Store in tightly covered container. Makes about 3 dozen cookies.



more colorful and delicious recipes, visit our web site at www.m-ms.com or call 1-800-627-7852.

ars. Incorporated 1997



Due to the Depression, Americans were forced to scale back in the 1930s (for instance, giving one gift for the whole family, instead of a constellation of presents). They looked to simple but effective ways to celebrate. One way was to create beauty in their communities. The first community tree was decorated in 1912 in Cleveland, Ohio, and by 1930 there were 15,000 American cities and towns that centered their Yuletide celebrations around a decorated community tree. ❋ The Depression lifted, but only when Johnny marched off to foreign shores in World War II. The focus during those dark war years was on enlivening everyone's spirits, especially the children's. Packages and mail were shipped overseas, and Americans made do with less. Using minimal amounts of rationed sugar and chocolate, popcorn balls and cereal bars hit the popularity charts. Hard-to-find tinsel was hung for the season and then carefully repacked. Homemade paper decorations brightened mantels and tables, acting as acceptable stand-ins for unavailable ornaments. Because scarce consumer goods made many holiday presents only a dream, War Bonds were purchased as gifts and earmarked for post-War merchandise like "Victory Kitchens." ❋



With the new-found prosperity of the post-war years, families of the 1950s, 1960s and 1970s dove into holiday celebrating at a feverish pace. Thanks to the invigorated economy, they could both afford and find products again. A renewed sense of enthusiasm for the holidays emerged with through-the-home decorations, now found in pink (the dominant color of many consumer products in the 1950s), as well as the traditional red and green. And holidays meant loads of new consumer goods, from dozens of small appliances that cut kitchen prep time to something only a 1950s era consumer could appreciate: an atom detector kit, complete with working Geiger counter! ❋ Elaborate and decorative recipes were developed for the vast rounds of holiday parties. Christmas cookies became artistic masterpieces and frosted sandwich loaves were so lovely they resembled wedding cakes. ❋

It's the Holidays

Go ahead and indulge!

With sweet temptations abounding during December, maintaining healthy holiday resolutions can seem daunting. Chocolate has been a delicious part of the holidays for decades, but only in recent years has it undergone a "modernization." Beginning with MILKY WAY® Lite in 1996, M&M/Mars introduced Americans to a new, reduced-fat, reduced-calorie chocolate. So go ahead and indulge, or try one of these healthy holiday activities reminiscent of the past:



❋ Take your family sledding in freshly fallen snow.



❋ Get a group together and go ice skating on a crisp, wintry day.



❋ Go for a brisk walk through your neighborhood to see the holiday lights.

Evidence of intelligent life.



Real chocolate. Real caramel. And 5 grams of fat.
Is this a great planet, or what?

Bet you can't tell it's a lite.™

50% less fat than the average of the 25 leading chocolate brands. ©Mars, Incorporated 1997

Holiday Hints

Make This A Healthy, Happy Holiday For Your Dog

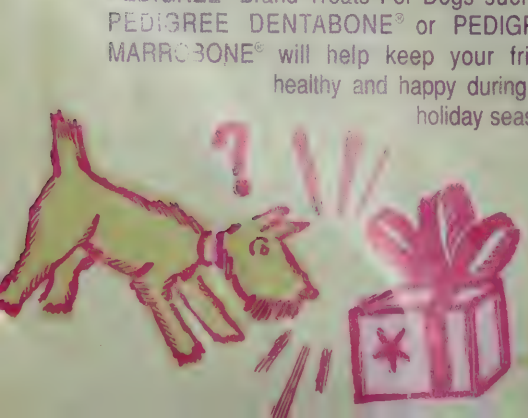
As important family members, pets have long taken part in holiday celebrations. Keep Fido and Fluffy safe, warm and involved in family fun during the holidays with these simple tips:

* Holly, mistletoe and poinsettias make the holidays more festive, yet they can be toxic if eaten by pets. To be safe, keep these decorations out of pets' reach.

* Favorite foods are part of holiday fun for people, but not for pets. Be sure to feed your dog a well-balanced, nutritionally complete diet such as PEDIGREE® Brand Food For Dogs all year long.

* Taking Fido for a spirited romp in the snow can be fun. Clean the snow and ice from between your pet's toes to prevent cuts and other damage. Small dogs and short-haired dogs probably need to wear a sweater or coat in cold weather.

* While you're enjoying holiday goodies, give Fido a treat of his own. The complete line of PEDIGREE® Brand Treats For Dogs such as PEDIGREE DENTABONE® or PEDIGREE MARROBONE® will help keep your friend healthy and happy during the holiday season.



The 1960s and 1970s holidays were especially exciting. The holiday palette and decorative complexion expanded radically. Decorations depicting Christmas trees and Santas took on modern triangular shapes; stemmed glasses placed foot to foot formed candle holders; ornaments were encrusted with faux pearls and gems. Flashy decorations, such as flocked trees in soft pastels and metallic trees with multi-colored spotlights, dressed up the home. And, of course, no 1970s event was complete without an avocado-green macramé wall hanging. Everyone, it seemed, was busy cooking, cleaning, sewing, or crafting something for the holidays. *



Whew! By the late 1980s many Americans were suffering from holiday overload. To rediscover the true meaning of the holidays, they turned to the past for inspiration. Decorations once again became more traditional. Real pine wreaths and garlands graced doors and mantels; folk art characters were comforting remembrances of the past; community luminaria walks returned families to simpler times. * In the process, Americans also began to appreciate the wider scope of holiday traditions. Magazine readers saw articles about Hanukkah's rituals, fun, food and games and learned about the colorful Kwanzaa festival, the African-American celebration created in the late 1960s that focuses on values and culture. Families got closer to what counts by streamlining preparations and focusing on family traditions. Gifts could be bought or made with very simple techniques. And though there was plenty of holiday baking, meals could rely to a degree on good-quality convenience and packaged foods. * Americans rediscovered the beauty of simple things and the enjoyment of family and friends. After all, that is the essence of the holidays. *



"PEDIGREE® MEALTIME® with Lamb & Rice is more nutritious than Iams.®*"

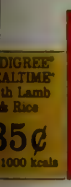


PEDIGREE® MEALTIME® with Lamb & Rice *significantly outperforms Iams Natural®* Lamb Meal & Rice Formula for Dogs independent *digestibility tests*;* ich means more of its nutrients go work to provide superior nutrition.





And in independent taste tests, dogs *preferred the taste* of PEDIGREE MEALTIME® with Lamb & Rice over *Iams Natural®* Lamb Meal & Rice Formula by nearly a three to one margin.





PEDIGREE® Food for Dogs *also costs considerably less* than *Iams Natural®* and u don't have to go out of your way buy it. You can find the whole line nutritional PEDIGREE® Brand oducts at your favorite store.

, if you're interested in feeding ur dog a food that he'll love ting; one that brings out the ster in his coat, tones his uscles and helps him reach s full potential, PEDIGREE® EALTIME® with Lamb & Rice still the champion.

ow's that for some ealthy news?

Test data based on a igestibility and preference udy comparing PEDIGREE® IEALTIME® with Lamb Rice vs. Iams Natural® amb Meal & Rice Formula.

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Sweet.

And a little nutty.

Not exactly what you'd expect from Shredded Wheat



It's the Shredded Wheat you'll have to share with your kids!

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GUY GAZAILLE
(Inventor)
22 years experience in firelog manufacturing.

"Now, everyone can prolong the pleasure of a wood-wax log fire by as much as ONE XTRA HOUR*[1] by using my new invention: the XTRAFLAME FIRELOG BURNER TRAY.
This laboratory-tested product extends flame times by up to 35%*[2] and further reduces pollution from particulate emissions to the outside air from your chimney by 11.7%*[3] on average. Moreover, you will benefit from up to 14%*[2] more radiant heat reflected into the room when you burn your firelogs on my XTRAFLAME BURNER TRAY with HEAT REFLECTOR. How much does it cost? About the price of six quality firelogs when you take advantage of the rebate coupon below. Will you be satisfied with my XTRAFLAME BURNER TRAY? I guarantee it!"
For information or questions, call **1 888 527-3725**

GET YOUR PATENTED XTRAFLAME BURNER TRAY
Look for it where firelogs are sold.



Heavy-duty design for XTRA seasons of enjoyment. SAFER TO USE - Supports 100% of log weight, preventing log breakdowns and flare-ups. U.S. Patented

Present this coupon with UPC code at a store like WAL-MART. It will help locate the product more quickly!

$3 **$3.00 REFUND BY MAIL** $3

WHEN YOU BUY THE XTRAFLAME FIRELOG BURNER TRAY WITH HEAT REFLECTOR

Fill out and mail this coupon with your original dated register receipt. Be sure to circle printed store name and amount paid. Also include a proof of purchase of the XTRAFLAME BURNER TRAY as follows:
- ONE UPC BAR CODE # 0 60844 99100 1

Mail to: **XTRAFLAME $3.00 REFUND OFFER**
P.O. BOX 820
SPRING HOPE N.C. 27882

Please allow 8-10 weeks for delivery of your refund.

0 60844 99100 1

Name: _____

Address: _____

City: _____

State: _____ Zip code: _____

XTRAFLAME BURNER TRAY PURCHASED FROM: _____

Store: _____ City: _____ State: _____

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For longer, cleaner, safer burning logs

*[1] Test conducted by Inchcape Testing Services - Warnock Hershey - using 5 lb log - 4 brands
*[2] Tests conducted by Inchcape Testing Services - Warnock Hershey.
*[3] Tests conducted by Advanced Combustion Technology, a division of Canmet.



1997 INITIAL QUALITY STUDY

CARS	TRUCKS
Compact Car	Compact Pickup
Best: Saturn SL and Toyota Tercel (tie)	*Best:* Toyota Tacoma
Honda Civic	Ford Ranger
	Nissan pickup
Entry Midsize Car	Full-Size Pickup
Best: Nissan Altima	*Best:* Ford F-Series
Buick Skylark	Chevrolet C/K
Chrysler Cirrus	Toyota T100
Premium Midsize Car	Compact Van
Best: Honda Accord	*Best:* Honda Odyssey
Toyota Camry	Ford Windstar
Chevrolet Lumina	Toyota Previa
Sporty Car	Compact Sport Utility
Best: Acura Integra	*Best:* Infiniti QX4
Honda Prelude	Toyota 4 Runner
Nissan 200SX	Chevrolet Blazer
Entry Luxury Car	Full-Size Sport Utility
Best: Infiniti I30	*Best:* Lexus LX450
Acura TL	Toyota Landcruiser
Lexus ES300	Chevrolet Suburban

Source: J.D. Power and Associates

The Quality Leaders

The trouble-free car. It's the Holy Grail of automotive engineering. By that definition, Toyota is close to automotive perfection.

Products such as the popular Camry sedan roll out the factory door with nary a defect and are likely to provide few headaches during the normal ownership cycle. It's no wonder Toyota vehicles often lead the J.D. Power Initial Quality Survey, a measure of how many problems a car incurs during the first 90 days of ownership. Yet by Toyota's own admission, it could improve in other areas. "What's wrong with this picture," admits Toyota's U.S. sales chief Donald Esmond, "is customer dissatisfaction. In the business of satisfying customers, our chief competitors are blowing us away."

The fact is, quality means more than just a glitch-free automobile. Today's motorists want a low-pressure buying experience, a service department that gets things fixed right the first time, and repairs covered by a watertight warranty. But that's where Toyota slips to the bottom of the chart, ranking 30th out of 38 brands covered by the recent Sales Satisfaction Index, another Power study.

"Quality is more than just a lack of defects," says Dan Gorrell, Vice President of San Diego-based Strategic Vision, a research firm that closely monitors trends in automotive quality. It also involves the way customers are treated at the dealership, both when buying and when servicing their vehicles.

And that's where Saturn shines. The maverick General Motors division emphasizes a customer-friendly approach to sales and service. Its dealers don't dicker on price, but they go out of the way to make each customer feel like a member of the "Saturn family." The result: Saturn consistently sits at the top of the customer satisfaction charts.

There are still other measures of quality. Some call them the "Things-Gone-Right," or the "Surprise-and-Delight" factors. These might include an engine that delivers better-than-expected fuel economy or an extra set of cup holders designed to accommodate a child's juice box and a commuter's Big Gulp soft drink. Chrysler products, like the Dodge Caravan minivan, usually rank in the middle of the pack for quality, sales, and service. But they rise to the top when you ask about those unexpected attributes that make customers feel they are getting more for

continued on page 98

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13 mg "tar" 0.8 mg. nicotine av. per cigarette by FTC method.

The Quality Leaders

continued from page 96

their money than they anticipated.

"It's time to embrace the idea of quality as the total experience, which includes things gone right as well as things gone wrong," Gorrell stresses. It's not enough to build a flawless car. And doing a good job in the repair shop won't satisfy a customer whose car breaks down a lot.

The good news is that automakers have come to recognize that "quality is the price of admission," says Dave Power, founder of J.D. Power and Associates. Year after year, evidence shows that each new generation of products coming to market is better than the vehicles it replaces. Power's latest Initial Quality Survey contacted 43,752 American motorists after three months of ownership. It shows that the average number of problems for every 100 vehicles sold in the U.S. early in the 1997 model-year fell to a record low of just 86, a 22 percent improvement from the year before. More than half the new owners said their vehicles had no problems whatsoever. "Quality just continues to improve," says Chance Parker, J.D. Power's director of product research. "Your chances of getting a trouble-free car are higher than ever."

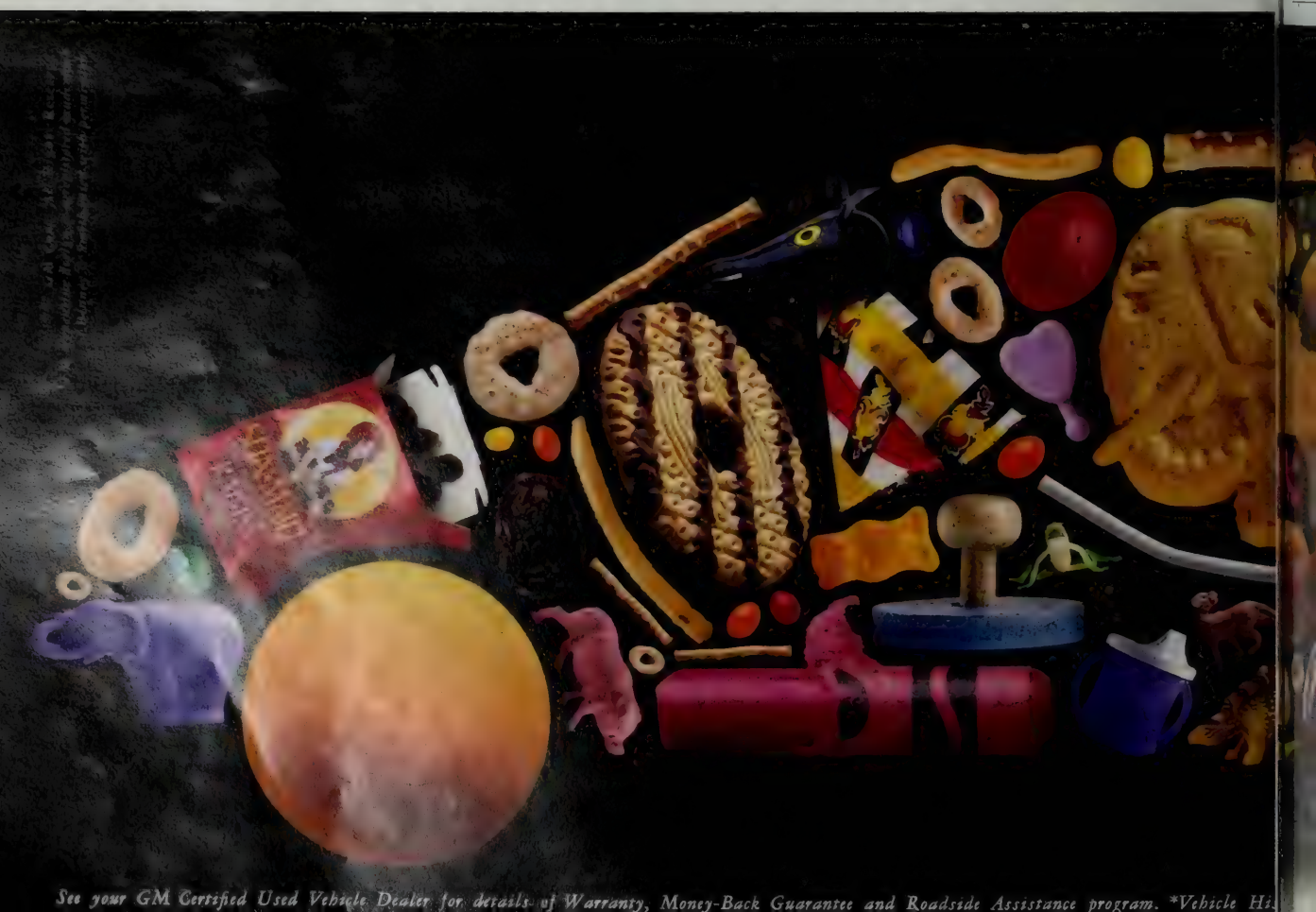
Why have things gotten so much better? Pressure from the Japanese, the industry's traditional leaders in initial quality, has forced American and European manufacturers to redouble their efforts to reduce factory defects.

Technology is helping the quality push. Consider the Dodge Intrepid, a midsize sedan from Chrysler. When first introduced, the Intrepid was plagued with problems, including a rear door that had a tendency to stick shut. It took Chrysler several years to identify and correct those defects, angering thousands of owners. But the company predicts that the new '98 Intrepid will prove to be more reliable because of a software program that enabled engineers to run computer tests on the new Intrepid years before it went into production. The program can detect a jamming door or a misplaced hose before the car is built.

Despite the improvements made in the quality of today's cars and trucks, it's still not enough. As part of the latest Initial Quality Survey, Power researchers found that quality fell short of owner expectations by about 15 percent.

Consumers have reached the point where they expect that Holy Grail of a trouble-free car, and they want their trip to the auto dealership to be as much fun as a picnic, too. So no matter how good our cars have gotten, manufacturers know they're going to have to get better yet.

—Paul Eisenstein



Crashworthy Cars

Four midsize cars earn top rankings for crashworthiness from the Insurance Institute for Highway Safety. Volvo 850 (1995–97 models), Chevrolet Lumina (1995–97), Ford Taurus and Mercury Sable (both the 1992–95 models and the redesigned 1996–97 models), and the 1997 Toyota Camry all earned the top rating. The institute, funded by insurance companies, performs offset tests, crashing the vehicles at an angle into a collapsible barrier at 40 mph. All four cars also earned at least four stars out of five for driver and passenger protection in federal government head-on collision tests.

Making Driveways Less Dangerous

More than 100 toddlers die each year in driveway accidents. Mercedes Benz, which pioneered many safety features now used throughout the auto industry, offers an option that could help alert drivers to children playing behind or in front of the car. The system, called Parktronic, uses sound waves to detect objects close to the bumpers. Inside the car, two displays in the dash light up progressively when the front bumper is about 3 feet from any object. When the car is in reverse, displays visible in the rear-view mirror light up as objects come within 4 feet of the rear bumper. A warning tone sounds when either bumper is about 10 inches from contact. The option is available on large S-Class and midsize E-Class models.





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Buying Guide

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Resort," SW1162—Sherwin-Williams; for a store near you call 800/474-3794. **Nightstand,** 2033-272; **morris chair,** 7842-02 (brown leather); **ottoman,** 7842-01 (Brown Leather)—Bassett Furniture Ind. (address above). **Bedside lamp,** T420—Rejuvenation Lamp & Fixture Co. (address above). **Area rug,** "Diva" (Eggplant, 400)—Capel, Inc. (address above). **Bed, Brimfield textured black with brushed brass,** Elliott Designs, Inc., 18201 Santa Fe Ave., Rancho Dominguez, CA 90221. **Paint on wall,** "Quiet Veranda," SW1164—Sherwin-Williams; for a store near you call 800/474-3794. **Bed linens** (Clover)—Wamsutta; 800/537-0115.

Page 186 (top): cottage classics bed, 336-199C; **trundle unit,** 336-798C—Lexington Furniture Ind.; for a dealer near you call 800/539-4636. **Window sheer,** "Geneve" (White), 615020—Waverly ; 800/423-5881. **Rocking chair and area rug**—Pier 1 Imports; 800/447-4371. **Papier-mâché birds**—Judith Whipple, 4282 Merton, Des Moines, IA 50317; 515/265-8029. **(Center): striped duvet cover,** "Prospect Harbor" (Denim), 632310; **liner,** "Durango" (Indigo), 620005—Waverly; 800/423-5881. **Sheets,** "Elite Pinpoint" (Flax)—Wamsutta; 800/537-0115. **Throw pillows**—Pier 1 Imports; 800/447-4371. **(Bottom): bedside chest,** 522-624; **sleigh bed headboard,** 633-120; **footboard,** 633-020; **commode,** 633-621; **pinecrest lounge chair,** 7038-83; **chair cushion,** 7394-86 (Washed Tan Denim)—Palecek (address above). **Paint on wall,** "Tennis White," SW1910—Sherwin-Williams; for a store near you call 800/474-3794.

GRANDMA CHIC

Page 189 (top): sofa, from the Broyhill Premiere Collection—Broyhill Furniture Ind.; for a dealer near you call 800/327-6944. **Area rug,** "Clarinda," 77060 (Rhapsody, 60300), **rug border,** "Sceptor," 50391 (Mossglen, 91307)—Expressive Designs, Shaw Ind., Inc.; 800/522-7847. **All other items** shown—antique, discontinued, or a personal belonging. **(Bottom): house exterior, contractor**—Mary Mason of Homeworks, Inc., 12864 Clark St., Des Moines, IA 50325; 515/331-1990. **Front shake shingle siding,** Great Random Shake—ABTco, Inc., 3250 W. Big Beaver Rd., Ste. 200, Troy, MI 48084; 800/566-2282. **Side and rear siding,** Hardiplank—James Hardie, Inc.; 800/942-7343. **Cast column fiberglass pillars**—Focal Point, Inc., P.O. Box 93327, Atlanta, GA 30377-0327; 404/351-0820. **Windows**—Pella Windows & Doors, 102 Main St., Pella, IA 50219; 800/547-3552. **Sprinkling system**—Weathermatic; for a dealer near you call 972/278-6131.

Page 190: wicker chairs, 7567-84 (Umber); **pillows and chair cushions,** "Blue Iris," 7327—Palecek, P.O. Box 225, Richmond, CA 94808; 800/274-7730. **Chairside table,** from the Candlewood Collection—Broyhill Furniture Ind.; for a dealer near you call 800/327-6944. **Table lamp,** "Old World White Candlestick Lamp," WG-6021—Willow Green; 606/431-6800. **Wheelbarrow, green bowls, and ladder**—antique. **All other items**—antique, discontinued, or a personal belonging.

Page 191: dining table, from the Torreon Collection; **chairs and server,** from the Candlewood Collection—Broyhill Furniture Ind.; for a dealer near you call 800/327-6944. **Galvanized steel florist buckets**—Gardener's Eden, P.O. Box 7456, San Francisco, CA 94120; 800/822-9600. **Sheer curtain fabric,** "Whisper" (White), 370461—Waverly, 800/423-5881. **Drapery panels,** 7327 (Blue Iris)—Palecek (address above). **Dishes and ironstone pitchers**—antique. **Tray on server,** 596-151A—Stonehouse Farm Goods; 888/382-4500. **Paint on wall,** "Green Room," SW1442—Sherwin-Williams; for a store near you call 800/474-3794.

Page 192: paint on wall, "Green Room," SW1442; "Limey," SW1437—Sherwin-Williams; for a store near you call 800/474-3794. **Natural Roman shade**—Smith & Noble Windoware; 800/248-8888. **Rattan cafe chairs,** 7064-24 (Black); 7064-82 (Light Green); **chair fabric,** 7397-30 (Fruit Sampler)—Palecek (address above). **Table, linens, fiesta pitcher, and green bowl**—antique. **Galvanized steel florist buckets**—Gardener's Eden (address above). **Area rug,** "Southwick" (Beige/Green, 755)—Capel, Inc., 831 N. Main St., Troy, NC 27371; for a dealer near you call 800/228-9229.

Page 193: natural Roman shade—Smith & Noble Windoware; 800/248-8888. **Brass pharmacy table lamp**—Albright Lighting and Interiors, Inc., 3029 Ingersoll Ave., Des Moines, IA 50312; 515/255-2906. **Tray table,** "Pour Le Bain," 595—Rue de France; 800/777-0998. **Pitcher, bowl, milk bottles, tea towel, and bench**—antique. **Yellow rocker,** 7024-95; **green rocker,** 7442-80; **green table,** 7402-80; **white love seat,** 7566-05—Palecek (address above). **Fabrics: love seat,** "Into the Woods" (Apple), 659040; **rocker,** "Picket" (Daffodil), 658989 and "Horizons" (Apple), 659935; **pillows,** "Boxer" (Apple), 659004 and "Into the Woods" (Apple), 659040—Waverly, 800/243-5881. **Yellow gingham/floral pillow,** EMD-18—Eastern Accents; 800/397-4556. **Area rug,** "Southwick," (Beige/Green, 725)—Capel, Inc. (address above). **All other items**—antique, discontinued, or a personal belonging.

Pages 194–195: rake bed, from the Directions Collection; **slipper chair,** from the Broyhill Premiere Collection—Broyhill Furniture Ind. (address above). **Fabric: chair,** "Picket" (Daffodil), 658989; **chair pillow,** "Briarcliff" (Citron), 659803; **bed linens,** "Horizons Stripe" (Apple), 659925, "Briarcliff" (Citron), 659803, and "Hartwell Border" (White), 303460; **eyelet draperies,** "Hartwell Border"(White), 303460—Waverly; 800/243-5881. **Drapery rod**—Rue de France; 800/777-0998. **Bedside table**—antique. **Table lamp,** Picket Fence House (307)—The Natural Light; 800/331-3898. **Picture frame and vase**—Joe's Orbit; 301/772-7756. **Birdhouse**—Lady Slipper, Box 556, Rt. 3, Bemidji, MN 56601; 218/751-0763. **Botanical wall prints,** similar styles available—Pier 1 Imports; 800/447-4371. **Quilt rack and linens**—antique.

Page 196 (top): pencil-post bed and cheval mirror, from the Millwood Creek Collection— Broyhill Furniture Ind. (address above). **Bed linens,** "Harmony" (Seafoam), 655935; "Fontainbleau" (Spring), 605692; and "Boxer" (Rose), 659005; **Roman shade,** "Fontainbleau" (Spring), 605692; "Boxer" (Rose), 659005—Waverly; 800/423-5881. **Area rug,** "Rittenhouse Square" (Pink/White Check, 130P-T)—Woodard Weave; 800/332-7847. **Bench, bed tray, botanical print, and fan**—antique. **(Bottom): wall paint,** "Cornflower Blue," SW1516—Sherwin-Williams; for a store near you call 800/474-3794. **Love seat, wing chair, and ottoman,** from the Broyhill Premiere Collection—Broyhill Furniture Ind. (address above). **Desk chair and globes**—antique. **Round chrome clock on shelf**—Crate & Barrel; to order by catalog or for a store near you call 888/249-4155. **Metal desk lamp and shelf lamps**—Pottery Barn; 800/922-5507 **Fabric: love seat,** "Liza" (Spring), 632123; **wing chair and window shade,** "Charthouse" (Indigo), 661862 and "Durango" (Cadet), 620003—Waverly; 800/423-5881. **All other items**—antique, discontinued, or a personal belonging.

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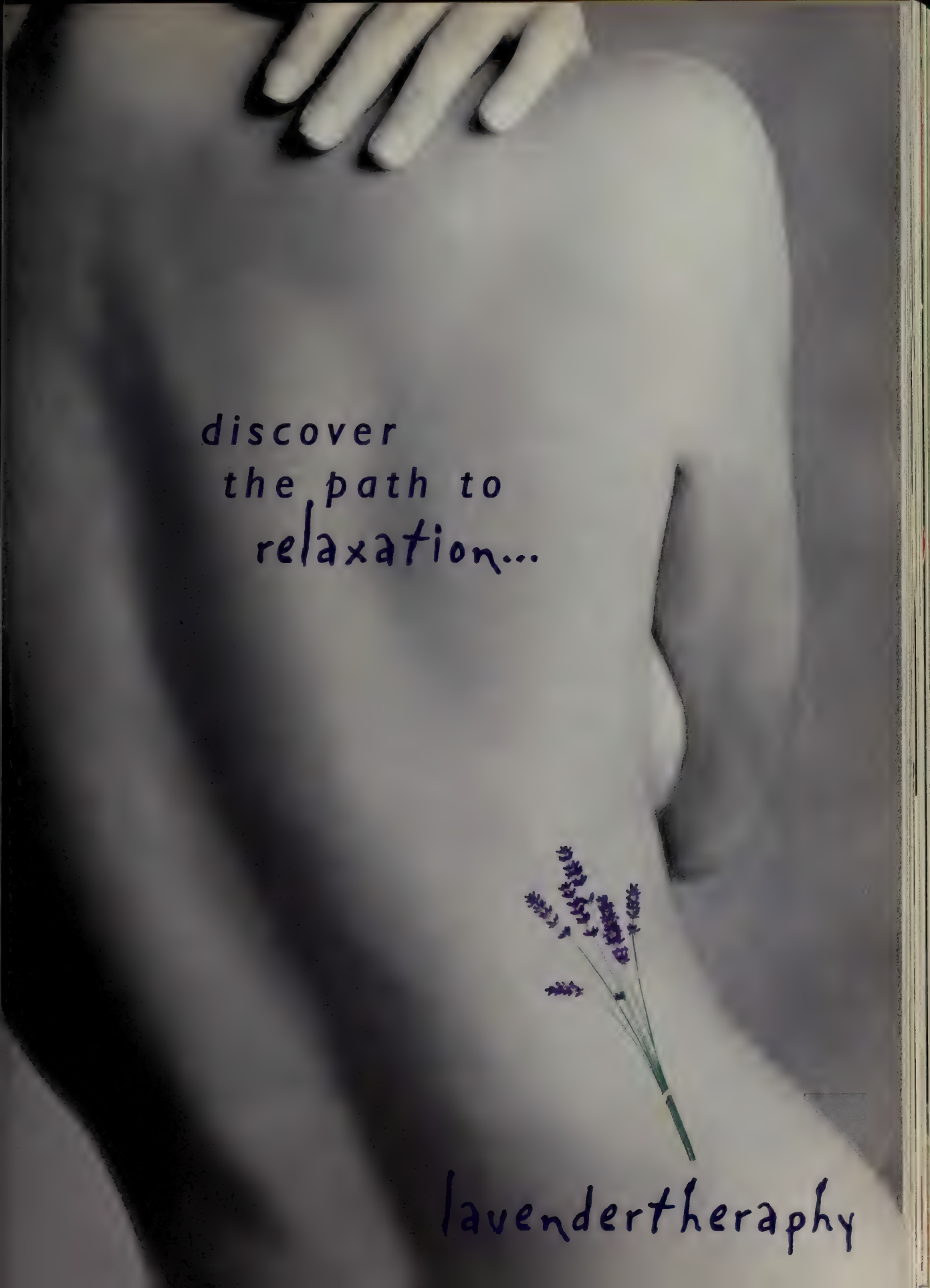
Page 201: Code Plus Program—APA-The Engineered Wood Assn., P.O. Box 11700, Tacoma, WA 98411; 206/565-6600. **APA Trademarked MDO Overlaid Plywood Siding**—Simpson Timber Co., 215 N. Third St., Shelton, WA 98584. **Pressure-treated Southern pine decking material**—Southern Forest Products Assn., P.O. Box 641700, Kenner, LA 70065-1700; 504/443-4464; http://www.southernpine.com. **Windows**—Hurd Millwork Co. Inc., P.O. Box 319, Medford, WI 54451-0319; 800/223-4873. **Roof**—Cedar Shake and Shingle Bureau, 515-116th Ave., NE, Ste. 275, Bellevue, WA 98004; 425/453-1323. **Stone,** "Wisconsin Weathered Edge"—Stone Products Corp., P.O. Box 270, Napa, CA 94559-0270; 800/255-1727. **Paint, exterior siding** (Sandpiper); **trim** (Patio Green); **front door** (Dusty Brown)—ICI Paint Stores, 925 E. Euclid, Cleveland, OH 44115; 800/368-2068. **Garage door**—Clopay Building Products Co., 312 Walnut St., Ste. 1600, Cincinnati, OH 45202-4036; 800/225-6729. **Front door**—Benchmark Door Systems, General Products Co., P.O. Box 7387, Fredericksburg, VA 22404-7387; 800/755-3667. **Decorative concrete, driveway**—Increte Systems, Inc., 8509 Sunstate St., Tampa, FL 33684; 800/752-4626. **Interior doors**—CraftMaster, Masonite Building Products Group, One South Wacker Dr., Ste. 3600, Chicago, IL 60606; 800/621-6749. **Skylights**—Velux Roof Windows and Skylights, P.O. Box 5001, Greenwood, SC 29648-5001; 800/283-2831. **Lawn sprinklers**—Weather-matic Lawn Sprinkler Systems, P.O. Box 180205, Dallas, TX 75218; 972/278-6131; http://www.weathermatic.com. **Security system**—Island Security, P.O. Box 265, Mercer Island, WA 98040.

Pages 202–203 (right): lighting—Cooper Lighting, 400 Busse Rd., Elk Grove Village, IL 60007-2195; 847/956-8400. **Hardwood flooring,** "Pattern-Plus 5000" (Curry Oak)—Hartco Flooring Co., 900 S. Gay St., Ste. 2102, Knoxville, TN 37902; 800/442-7826. **Glulam beams and wood I-joists**—Georgia-Pacific Corp., 133 Peachtree St., NE, Atlanta, GA 30303; 800/284-5347. **Floor-silencing system,** "Integrity"—Shadwell Co., Inc., 7207 Chagrin Rd., Ste. 6, Chagrin Falls, OH 44023; 800/494-4148. **Paint** (Sandpiper)—ICI Paint Stores (address above). **Right-arm love seat,** P4913-345; **left-arm chaise,** P4928-343; **love seat and chaise fabric,** 2048-01; Brookside **granite-top cocktail table,** 22631-152, from the American Revival Collection; **Hyde Park club chair,** 22621-872; **Franciscan dining table,** 26621-772; **Trio side chairs,** 26621-823; **Trio armchairs,** 26621-822, from the American Revival Collection; **throw fabric,** 7226-99; **throw trim fabric,** 9905-10; **flanged pillows,** 9901-50—Thomasville Furniture Ind., Inc.; for a dealer near you call 800/225-0265. **Toss pillows with center button and tassels**—Ann Gish, 3529 Old Conejo Rd., #117, Newbury Park, CA 91320; 805/498-4447. **Vases Cambodian torso near entry,** 1202—Great City Traders; 415/863-9930. **(Left): fireplace**—Selkirk Metalbestos, a Div. of Eljer Ind., 17120 Dallas Pkwy., Dallas, TX 75248; 800/992-8368. **Chair,** 549-043; **chair fabric,** K7226-99; **Hyde Park club chair,** 22621-872; **Brookside granite-top cocktail table,** 22631-152, from the American Revival Collection—Thomasville Furniture Ind., Inc. (address above). **Nepal area rug,** "Loma" (Wheat/Beige)—Pande Cameron & Co. of Seattle, Inc., 815 Pine St., Seattle, WA 98101; 800/624-6273.

Pages 204–205 (center): cabinetry, "Regent style" (Breezewood finish over heartwood maple)—Crystal Cabinet Works, Inc., 1100 Crystal Dr., Princeton, MN 55371; 612/389-4187. **Countertops** (Magna Sahara and Bone)—DuPont Corian Customer Response Center, Barley Mill Plaza, P.O. Box 80012, Wilmington, DE 19880-0012; 800/426-7426. **Island tambor door**—Living Doors, Inc., P.O. Box 95, Yaphank, NY 11980; 516/924-5393. **Appliances**—Amana Refrigeration, Inc., Amana Inquiry Services, 2001 Ruppman Plaza, Peoria, IL 61614; 800/843-0304. **Tiles**—Daltile Corp., 7834 C.F. Hawn Fwy., Dallas, TX 75217; 800/933-8453. **(Top left): banquette table base**—American Base Co., P.O. Box 014142, Kansas City, MO 64101; 888/854-2273. **Window seat fabric,** "Cultivation" (Opal), 602290; **suede pillow fabric,** "Sagebrush" (Cocoa), 632063—Waverly; 800/423-5881. **Cut velvet pillow** (Sage)—Ann Gish (address above). **Painting,** "Laconner Fields" by Bob Phinney—available from Cranbrook Gallery, Seattle, WA 98108; 206/762-2313. **(Top right): Franciscan dining table,** 26621-772; **Trio side chairs,** 26621-823; **Trio armchairs,** 26621-822, from the American Revival Collection; **chair fabric,** 2048-01—Thomasville Furniture Ind., Inc.; for a dealer near you call 800/225-0265. **Dining area hanging lamp**—Progress Lighting, P.O. Box 5704, Spartanburg, SC 29304-5704; 864/599-6000. **Paint: kitchen** (Sandpiper); **dining area** (Glenfield)—ICI Paint Stores (address above).

Pages 206–207 (left): Aurora bed, 26611-535 (queen size only); **reader's nightstand,** 26611-805; **swivel chairs,** 929-913S; **ottoman and swivel chair fabric,** 9901-50; **ottoman,** 501—Thomasville Furniture Ind., Inc.; for a dealer near you call 800/225-0265. **Duvet cover fabric,** "Bungalow" (Aqua), 631731; **drapery fabric,** "Manet" (Willow), 303763—Waverly; 800/423-5881. **Lamp on nesting tables,** "Franc I"—Niedermaier; for a dealer near you call 773/528-8123, ext. 208. **Nesting tables**—IKEA Home Furnishings; West coast, 818/912-1119; East coast, 410/931-8940. **Nepal area rug,** "Simi" (Celadon)—Pande Cameron & Co. of Seattle, Inc. (address above). **Paint** (Faded Denim)—ICI Paint Stores (address above). **(Center): sound-deadening insulation**—Owens Corning World Headquarters, One Owens Corning Pkwy., Toledo, OH 43659; 800/438-7465. **Entertainment electronics**—Applied Technology, 7683 SE. 27th St., Mercer Island, WA 98040. **Paint** (Glenfield and Porcelain)—ICI Paint Stores (address above). **Quilted love seat,** P971-946; **love seat fabric,** 1041-50; **chair by window,** P599-013; **chair fabric,** 9901-37; **welt fabric on chair,** 9905-40; **home electronics center,** 26641-827, from the American Revival Collection; **slipper chair,** 435C911; **slipper chair fabric,** 2048-01; **ottoman,** 501-88; **ottoman fabric,** 9901-37; **welt fabric on ottoman,** 9905-40; **White Fossil square cocktail table,** F600-880; **end table,** F600-881—Thomasville Furniture Ind., Inc.; for a dealer near you call 800/225-0265. **Toss pillows and throw**—Ann Gish (address above). **Print,** "Autumn Grasses" by Shibata Zeshin—Metropolitan Museum of Art; 212/879-5500. **Roman shade fabric,** "Cultivation" (Opal), 602290—Waverly; 800/423-5881. **Nepal area rug,** "Art Nouveau" (Teal)—Pande Cameron & Co. of Seattle,

continued on page 107


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Architects & Designers

CLEVER CUBBIES

Page 40: architect—Stephen Fuller, Design Traditions, 1200 Ashwood Pkwy., Ste. 250, Atlanta, GA 30338; 770/671-9100. **Builder**—McAfee Properties, 228 Church St., Marietta, GA 30060; 770/428-3699.

Page 42: architectural designer—Greg Williams, Classic Design Assoc., 219 Lake Forrest Dr., Acworth, GA 30102; 770/928-2470.

Page 44 (*top and center*): architect—Robin Abrahams, Abrahams Architect, 303 E. Pine St., Seattle, WA 98122; 206/447-9775. **Builder/contractors**—Steve Fradkin and Steve Mittendorf, Fradkin, Mittendorf & Fine Construction, Inc., 1737 NW 56th St., Seattle, WA 98107; 206/706-1123. (*Bottom*): **designer**—Sandra Bird, 240 Magnolia Ave., Larkspur, CA 94939; 415/927-1171.

HOME IMPROVEMENT CONTEST

Pages 50–63: contractor—Dominic Cortese, Cortese Brothers, Inc. Construction Services, 2300 George Urban Blvd., Depew, NY 14043; 716/683-2100. **Decorative painter**—Dawn Hill, Walls by Design, 680 Longmeadow, Amherst, NY 14226; 716/838-9093.

DESIGNED FOR THE VISTA

Pages 210–208: architectural designer—Ed Disario, E.W. Disario & Assoc., P.O. Box 542, Alturas, CA 96101-0542; 916/233-2069. **Builder**—Ron Galla, Galla Construction Inc., 6710 Gleneagle Ave., SW, Port Orchard, WA 98366; 360/876-1234. **Land design**—Nature's Design Landscaping, 4978 SW. Lake Flora Rd., Port Orchard, WA 98366; 360/876-8917.

EDITORS' NOTE: We inadvertently left out some sources from our October 1997 feature, "A House Reborn." See listing below.



A HOUSE REBORN

Pages 201–210: architect—Greig Andersen, AIA; 914/986-0083. **Kitchen design**—Susan Glasser, CKD; 732/477-4087. **Sound design and construction**—Joseph Sciamarelli; 732/840-5522. **Windows**—Andersen Windows, Inc.; 800/426-4261. **Legacy kitchen cabinets**—Bertch Mfg., Co.; 319/296-2987. **Firebasket and grill**—Homefires; 800/749-4049. **GMX pavers**—Michael McAleavey; 732/929-4195. **Public adjustors**—Horizon International Group Ltd.; 212/274-9100. **Stained glass window**—Tracy Luty; 732/821-2768. **Vinyl siding**—Wolverine Technologies; 800/445-5678.

Buying Guide

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Inc. (address above). **Candlesticks on cocktail table**—Great City Traders (address above). (***Top right*): plumbing fixtures and faucets**—Eljer Ind., P.O. Box 879001, Dallas, TX 75287-9001; 800/435-5372. **Chrome toothbrush holder**—Hold Everything, 800/421-2264. **Roman shade fabric,** "Tapestry" (Mist) 646087—Waverly; 800/423-5881.

Page 208: outdoor furniture—Barlow Tyrie Inc., 1263 Glen Ave., Ste. 230, Moorestown, NJ 08057-1139; 609/273-7878. **Decorative concrete**—Increte Systems, Inc., 8509 Sunstate St., Tampa, FL 33684; 800/752-4626.

CAST IN CONCRETE

Page 212: insulated concrete forms—American Polysteel Forms, 5150 F Edith, NE, Albuquerque, NM 87107; 800/977-3676; www.cdsnet.Net/Business/Polysteel/index.htm

HOLIDAY DAZZLERS

Page 217: plate—Neiman Marcus, P.O. Box 650589, Dallas, TX 75265-0589; 800/825-8000.

Pages 218–219: bowl—Everyware, 1311 Inwood Rd., Dallas, TX 75247; 214/630-7727.

Pages 220–221: footed bowls—Everyware (address above). **Plate**—Translations, 4014 Villanova, Dallas, TX 75225; 214/373-8391.

Page 222: plate—Neiman Marcus (address above).

Page 224 (*top*): plate—Daniel Levy, 155 West 29th St., New York, NY 10001; 212/268-0878. **Charger**—Nancy Calhoun, Inc., P.O. Box 9847, Brea, CA 92822, 714/529-4700. (***Bottom*): plate,** "Barocco"—Rosenthal USA, 355 Michele Pl., Carlstadt, NJ 07072; 201/804-8000.

Page 225: plate—Neiman Marcus (address above).

Page 226 (*top*): plate—Neiman Marcus (address above).

READER SHOPPING

Page 46: Hummingbird Wind Chimes—Woodstock Percussion, Inc., 721 Rt. 28A, West Hurley, NY 12491. **Polaris and Tree of Life Ornaments**—Lovell Designs, 26 Exchange St., Portland, ME 04112. **Trumpeting Angel Weathervane and Leaping Stag Weathervane Ornaments**—Copper Mermaid, P.O. Box 2646, Concord, NH 03302. **Super Fruit Box**—Gracewood Fruit Co., P.O. Box 2590, Vero Beach, CA 32961.

Page 150: Windowsill Herb Garden—Papa Geno's Herb Garden, 1951 South 25th St., Lincoln, NE 68502.

Page 198: Kitchen Fruits Stamping Kit—Rubber Stampede, 967 Stanford Ave., Oakland, CA 94608.

Page 267: Nonstick Muffin Tin—Fox Run Craftsmen, P.O. Box 2727, Ivyland, PA 18974.

DECORATING SHOP

Page 323: Mini Christmas Stockings Ornaments—Banar Designs, P.O. Box 483, Fallbrook, CA 92088.

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The New PE

by Michele Meyer

A blur of motion and laughter lights up the gym as young teens run, jump, skate, shoot hoops, and bat paddleballs. These shouting, laughing, gleeful seventh and eighth graders at Teague Middle School in Humble, Texas, drown out even the beat of hip-hop music.

Surely, they must be celebrating the end of the school day. Wrong.

This is physical education, but it's certainly not the gym class of yesterday. PE—in some schools, at least—has a new attitude and a new goal, fueled by dismaying statistics about the inactivity and obesity of today's youth.

Forty percent of kids ages 5 to 8 are already at risk for artery-clogging plaque, which could lead to heart problems later in life, according to a 1993 Department of Health and Human Services study. Daily PE till graduation—once automatic nationwide—is no longer required in any state.

"This is the generation of couch potatoes," says Sharon Richardson, PE coordinator for Teague. "Because they don't play, they seem much older and don't know how to play, how to relax, and how to have fun and get along."

In 1993, students only exercised vigorously for 9 percent of the PE class time, as reported in the *American Journal of Public Health*. Seventy percent of the time, they stood in line.

Fortunately, reform is helping make PE more tempting to kids and its positive effects long lasting. Let's look at two model programs.

At Whitney Elementary in Las Vegas, you'll find kids flying kites, playing kickball, or tossing water balloons at lunchtime. That's their reward for joining the Fit Kids Club. To become a member, each child must eat nutritiously and complete 10 of 31 activities offered monthly, such as dancing during TV commercials, playing with Frisbees, or riding a bike. "It's caught on," says Vicki Allen, the PE specialist who created the program three years ago. "It's one of the most important clubs on campus, according to the students."

In middle school gyms in Wichita, Kansas, you might see a group of students helping each other through an obstacle course on foot or by scooter. By the time students

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Where are hammers, rakes and jigsaws considered art supplies? At Loch Raven High School, where Diana Mand's art students are planting a sculpture garden. In addition to creating artwork suitable for display, students are also developing engineering, landscaping and project management skills. For facilitating the design and construction of this one-of-a-kind setting, State Farm is pleased to present the Good Neighbor Award to Diana Mand, along with $5,000 to Loch Raven High School of Baltimore, Maryland.



Diana Mand

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The New PE

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graduate, they'll have explored dance, tennis, weight training, swimming, social dancing, self-defense, and slide aerobics—skills they can use when they're adults.

What these programs share is an emphasis on cooperation over competition and the acquisition of lifetime benefits, such as cardiovascular endurance, flexibility, and strength. Students master basic skills—such as how to jump, run, skip, catch, and kick a ball—before they move to organized sports. Classes always are action-packed with lots of choices and equipment for kids. As at Teague, students know their target heart rate and the names of most muscles. And nobody waits in line.

"We never put kids in situations where they'll fail and won't want to remain active," says Bobbie Harris, project director for Physical Dimensions, the Kansas High School physical activity health/wellness curriculum. "We want all students to have the knowledge and skills to engage in a physically active, healthy lifestyle throughout life. Not just the gifted athlete."

If your child equates gym class with cleaning his room, it's time to do some homework:

• Ask your child about PE. If she spends her time waiting or repeating tasks, "That's no different from the reading teacher showing movies day after day," says George Graham, Ph.D., PE professor at Virginia Tech University in Blacksburg.

• Request that your school never use running, push-ups, or withholding recess as forms of punishment. "We're not out to develop tough kids, but healthy and happy kids," says Marlene Tappe, an associate professor of health at Purdue University in West Lafayette, Indiana. Nor should grades in PE be tied to athletic ability. "Competition is not for all kids, but physical activity is good for virtually everyone."

• Fight current trends by encouraging your schools to make PE a mandatory daily class for all students. Daily enrollment in high school PE classes dropped from 42 percent of students in 1991 to 25 percent in 1995, according to Tappe, also lead author of *Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People*, published this year by the Centers for Disease Control and Prevention in Atlanta.

• Ask that all students have access to the gym and fields after school. Expect teachers to be trained in kinesiology (the study of anatomy in relation to movement).

PHYSICAL EDUCATION AT HOME

Here are some things you can do at home to encourage fitness for the whole family.

• Turn off the TV and computer. By high school graduation, the average child has spent 18,000 hours in front of a TV compared to 11,000 hours at school, says Bobbie Harris, project director for the Kansas High School physical activity health/wellness curriculum.

• Walk, run, bike, hike, and garden with your kids. If you go to a health club, take them along. If one parent is active with a child, that child is 40 percent more likely to be on the move. That percentage doubles if both parents are active.

• Start young. Girls who do not participate in sports before the age of 10 have less than a 10 percent chance of doing so at age 25, according to Donna Lopiano, executive director at Women's Sports Foundation in East Meadow, New York.

• Let your child set the pace, instead of trying to practice formally. "The worst thing you can do is give a child 10 minutes of instruction in how to grip a golf club," says George Graham, former executive director of the U.S. PE Association. "They don't want to practice the way an adult wants to practice. Then it becomes distasteful, and before long, the child won't want to do it because it's no fun."

• Don't insist on playing a sport to conclusion. You might choose to play one hole of golf, or hit a foam ball back and forth across the tennis net as long as you can keep it airborne, Graham says. You also might change to your child's comfort level by using a beach ball rather than a volleyball, or a short paddle and foam ball instead of a tennis racquet and ball.

• Don't feel obliged to be good at a sport or activity to play it with your child. "It's probably better—and more fun—if you aren't," Graham says.

• Don't choose a sport for your child, says Bob Pangrazi, Ph.D., exercise science professor at Arizona State University in Tempe and author of *Dynamic Physical Education for Elementary School Children*. "If a kid says he doesn't like it, that's the end of it. It's like trying to force someone to like someone, which is impossible."

• Since girls are six times more likely to drop out of sports by age 14, attend autograph signings of female athletes and encourage local college athletic departments to hold receptions where youngsters can meet female team players.

For more information:

• Read *Your Child's Fitness: Practical Advice for Parents* by Susan Kalish or *Kid Fitness: The Complete Shape-Up Program from Birth Through High School* by Kenneth H. Cooper, M.D.

• Contact The Women's Sport Foundation at 800/227-3988 or North American Youth Sport Institute in Kernersville, North Carolina at 800/767-4916.

• Read the booklet "Developmentally Appropriate Physical Education Practices for Children." To order the $7 booklet from the National Association of Sport and Physical Education, call 800/321-0789.

• Visit the Internet site of the Division of Adolescent and School Health, Centers for Disease Control, for an overall look at adolescent well-being, at http://www.cdc.gov/nccdphp/dash.



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Are You Using the Right Rewards?

by Jennifer Reid Holman

A little reward can be a powerful motivator when you want your kids to do something—especially when you want it done quickly and without a fuss. But like all quick fixes, material rewards can backfire.

Child development experts have found that rewards—such as gifts for good grades, treats for nice behavior, or money for household chores—can have a downside.

"There's nothing wrong with rewarding kids for an exceptional job," says Teresa Amabile, Ph.D., psychologist and professor at Harvard University. "The problem occurs when rewards are dangled like carrots in front of children to compel them to do something."

Used too often, rewards can send children subtle negative messages that parents may not recognize.

Message 1. *The reason I should change my behavior is that Mom and Dad will give me something.*

Rewards used to lure children into behaving better can work at first, but the results are often temporary.

"The basic danger when you tell kids 'Do this and you'll get that' is that it shifts their focus away from the behavior that needs improving and simply sends them into a rush to get that tangible reward," says Victor Malatesta, Ph.D., psychology professor at the University of Pennsylvania School of Medicine.

Dana Johnson, a mother from Philadelphia, learned that truth. In an effort to motivate her son to do better in fourth grade, she promised video games if he behaved well and a wristwatch for better grades. Johnson even convinced her son's teachers to offer him free merchandise coupons for the school store each day if he didn't disrupt his class. The rewards worked at first, but as his enthusiasm for the goodies declined, so did his performance.

"When I finally just sat down and explained to Breeland that he had to do better in school or else he would have to repeat the grade while his friends moved ahead, that really sunk in," Johnson said. "It's something he didn't want to happen." When his mom rewarded his achievements with hugs and praise, Breeland continued to improve.

Message 2. *If there's nothing in it for me, there's no reason to do it.*

Perhaps the most serious concern about rewards is that they can cripple self-motivation.

"Rewards may make it difficult for kids to develop their own internal motivations for doing things," says Adele Gottfried, Ph.D., professor and former chair of educational psychology and counseling at California State University, Northridge. With their attention fixated on a reward, Gottfried suggests, some children

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Right Rewards?

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are less likely to learn what it feels like to be proud of doing something. In a study, Gottfried found that kids who were promised money, toys, or other material incentives for good grades eventually enjoyed school less, had more difficulty meeting a new challenge, and performed worse in school than kids who were not offered rewards.

In another study, this one at Arizona State University, researchers found that 4-year-olds whose parents believed in rewarding them for nice behavior such as sharing or helping others were less generous and cooperative over time than children raised without rewards.

It takes time for children to meet the standards you set, but it can be done, as Paulette and Bob Furnia discovered. At their upstate New York church, some parents allow their children to run and play in the aisles during service.

"I didn't want my kids behaving like that," says Paulette. "That's a tough thing to get across when other kids are doing it." Some parents promised breakfast at a restaurant or a toy if their kids sat quietly.

"One of our friends used all sorts of gimmicks and still had a constant battle," she added. "I just reminded my kids that's not the way we behaved. And after church I said, 'You were great in there. That must have been tough, but I'm really proud of you.' They just beamed."

Message 3. *My parents are trying to control me.*

"Rewards, like punishments, are essentially a way of controlling, and no one ever learned to be a responsible citizen through control," says Alfie Kohn, a national lecturer on human behavior and author of *Punished by Rewards*. "At best, they create mindless obedience and they often lead to defiance."

Message 4. *This must be something that I wouldn't normally want to do.*



An occasional material reward is fine, but not when used as a lure.

Children react very logically when parents promise them rewards for doing something.

"When you say, 'Do X and I'll give you a gold star or an ice cream,' a child's immediate response is, 'Gee, X must be something I wouldn't want to do, otherwise they wouldn't be offering me a bribe,' " says Kohn.

Teachers often find that children who participate in read-for-reward programs pick up more books. However, their level of comprehension along with their interest in reading itself may well decline when the point of picking up books is to earn points, pizza, or payments.

"The more rewards you offer for something, the more a child's commitment to doing it for any other reason evaporates," Kohn adds.

Grace and Gary Cummings of Newtown, Pennsylvania, parents of four, are still trying to undo their kids' bad attitudes about helping around the house.

"Things just weren't getting done, so I made a chart with 35 jobs and attached a dollar value to each," said Grace. "That worked for about a month."

Afterward, the Cummings kids would halfheartedly do only the high-paying chores. After a while, they wouldn't do chores at all—they didn't think it was worth it.

What to do? "Talk to kids about why you need their help in pitching in," suggests Malatesta. "And explain how teamwork allows you all to spend more free time together, something most kids crave. Sometimes a simple explanation—combined with a little empathy if needed—makes a big difference."

Getting kids back to doing things for the right reasons can be a bumpy road, Kohn says. "Bring the kids in on it. Most problems that surface in families can be solved in a conversation that begins with 'What do you think we can do?' "

Instead of dangling carrots, recognize kids' efforts and achievements through conversation. "Hey, you're doing better on your spelling tests. How did you do it? How do you feel?" An occasional material reward is fine, but not when used as a lure.

Reevaluate your expectations. Is it necessary that your kids get all As? Is it terrible if they aren't potty trained by a specific date? Often, persistent behavior problems work themselves out when parents stop focusing on the negative and shift their attention to the positive.

While many experts, including Kohn, believe that any reward, tangible or not, is manipulative, others say verbal praise is a better motivator than goodies.

Malatesta suggests saying, "I liked it when you were quiet when I was on the phone," or "I'm proud that you told your sister she was annoying you instead of hitting her."

"Those are the kinds of things that motivate kids," he says.



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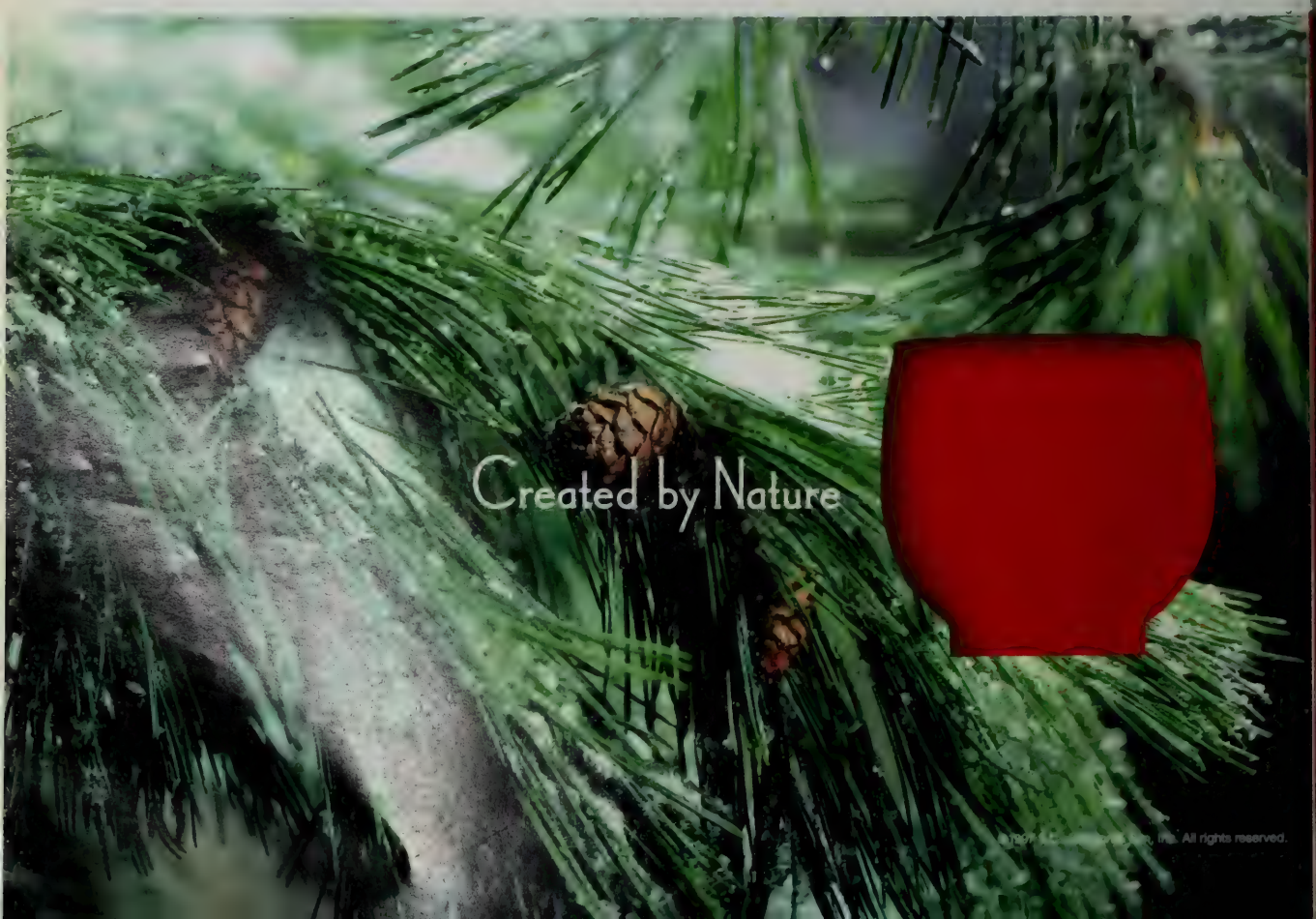


Farm-Grown Particleboard

You probably don't know it, but there may be wheat in your kitchen cabinets. Don't try to eat it. It's a construction material.

Recently, a number of manufacturers, including several that make stock and semicustom cabinetry, began experimenting with a new kind of particleboard. It's made from wheat straw instead of wood and is now being used for the cores of laminated cabinet doors. Manufacturers of ready-to-assemble furniture, floor underlayment, and shelving are also finding uses for this environment-friendly building material.

To make the boards, wheat-straw fibers are bound with resin that creates both physical and chemical bonds. The resin uses no formaldehyde, so the finished boards emit no unpleasant fumes. Weighing about 20 percent less than standard particleboard, a board made from wheat straw has a superior ability to hold screws and nails and is more resistant to moisture penetration. The lighter weight also makes it easy to transport.



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In addition to the advantages for homeowners, farmers reap big benefits—the new products give them a market for a once-wasted by-product. Today, nearly 60 million acres of wheat are grown, and most of the straw is plowed under or incinerated after the usable portions are removed.

For now, you may have a tough time finding wheat board in the consumer market, but it is expected to be available soon at lumberyards and home centers nationwide. Like particleboard, wheat board will come in sheets of different sizes and thicknesses. You can find out if it's available in your region by contacting the Prime Board Company, 800/943-2823.

Recycled Insulation

Making sure your home is adequately insulated is a great way to save energy, but insulating can also help you make the most out of products made from recycled materials. Almost all types of insulation can contain recycled content. Glass used to make fiberglass insulation may come from recycled bottles, cellulose insulation is made from recycled newspapers or cardboard, and rock wool is made mostly of slag, a by-product of steel production. In addition to recycled content in standard insulation, look for alternative insulation materials. Textile scraps can be used to make cotton insulation, and some homeowners are experimenting with cork, a renewable resource that comes from cork oak trees.

Window Shopping



For years, low-emittance or "low-e" coatings have been used to give windows an extra blanket of insulation that slows heat transfer through the glass. Today, some of these windows are also tinted to reduce the effect of heat caused by exposure to direct sunlight, a process called solar heat gain.

If you live in a region where your cooling bills are higher than your heating bills, tinted low-e windows could save you energy and money. If you live in a region where the annual cost to heat your home is greater than it is to cool it, look for the nontinted variety and take advantage of the sun's warmth during winter.

The tinting on these windows is light in color, so you won't have to give up your view to save energy.

Captured by Glade



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Progestin drugs taken with estrogen-containing drugs significantly reduce but do not eliminate this risk. If you use any estrogen-containing drug, it is important to visit your doctor regularly and report any unusual vaginal bleeding right away. Vaginal bleeding after menopause may be a warning sign of uterine cancer. Your doctor should evaluate any unusual vaginal bleeding to find out the cause.

ESTROGENS/PROGESTINS SHOULD NOT BE USED DURING PREGNANCY.

Estrogens do not prevent miscarriage (spontaneous abortion) and are not needed in the days following childbirth. If you take estrogens during pregnancy your unborn child has a greater than usual chance of having birth defects. These birth defects may affect the baby's urinary system and sex organs.

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USES OF ESTROGEN

To reduce menopausal symptoms. Estrogens are hormones produced by the ovaries of normal women. The decrease in the amount of estrogen that occurs in all women, usually between the ages of 45 and 55, causes menopause. Sometimes the ovaries are removed during an operation causing "surgical menopause." When the amount of estrogen begins to decrease, some women develop very uncomfortable symptoms, such as feelings of warmth in the face, neck, and chest, or sudden intense episodes of heat and sweating ("hot flashes" or "hot flushes"). Using estrogen drugs can help the body adjust to lower estrogen levels and reduce these symptoms. Some women have none or only mild menopausal symptoms; in others, symptoms can be severe. These symptoms may last only a few months or longer. Taking PREMPRO can alleviate these symptoms. If you are not taking hormones for other reasons, such as the prevention of osteoporosis, you should take PREMPRO only as long as you need it for relief from your menopausal symptoms.

To prevent brittle bones. After age 40, and especially after menopause, some women develop osteoporosis. This is a thinning of the bones that makes them weaker and more likely to break, often leading to fractures of spine, hip, and wrist bones. Taking estrogens after the menopause slows down bone loss and may prevent bones from breaking. Eating foods that are high in calcium (such as dairy products) or taking calcium supplements (1000 to 1500 milligrams per day) and certain types of exercise may also help prevent osteoporosis. Since estrogen use is associated with some risks, its use in the prevention of osteoporosis should be limited to women who appear susceptible to this condition. The following characteristics are often present in women who are likely to develop osteoporosis: white or Asian race, thinness, cigarette smoking, family history, and early or surgical menopause.

To treat vulvar and vaginal atrophy (itching, burning, dryness in or around the vagina, difficulty or burning on urination) associated with menopause.

WHEN ESTROGENS SHOULD NOT BE USED

During pregnancy (see Boxed Warning). If you think you may be pregnant, do not use any form of estrogen-containing drug. Using estrogens while you are pregnant may cause your unborn child to have birth defects. Estrogens do not prevent miscarriage.

If you have unusual vaginal bleeding which has not been evaluated by your doctor (see Boxed Warning). Unusual vaginal bleeding can be a warning sign of cancer of the uterus, especially if it happens after menopause. Your doctor must find out the cause of the bleeding so that he or she can recommend the proper treatment. Taking estrogens without visiting your doctor can cause you serious harm if your vaginal bleeding is caused by cancer of the uterus.

If you have had cancer. Since estrogens increase the risk of certain types of cancer, you should not use estrogens if you have ever had cancer of the breast or uterus.

If you have any circulation problems. Estrogen drugs should not be used except in unusually special situations in which your doctor decides that you need estrogen therapy so much that the risks are acceptable. Women with abnormal blood clotting conditions should avoid estrogen use (see **RISKS OF ESTROGENS AND/OR PROGESTINS**).

When they do not work. During menopause, some women develop nervous symptoms or depression. Estrogens do not relieve these symptoms. You may have heard that taking estrogens for years after menopause will keep your skin soft and supple and keep you feeling young. There is no evidence for these claims and such long-term estrogen use may have serious risks.

After childbirth or when breast-feeding a baby. Estrogen should not be used to try to stop the breast from filling with milk after a baby is born. Such treatment may increase the risk of developing blood clots (see **RISKS OF ESTROGENS AND/OR PROGESTINS**).

If you are breast-feeding, you should avoid using any drugs because many drugs pass through to the baby in the milk. While nursing a baby, you should take drugs only on the advice of your health care provider.

RISKS OF ESTROGENS AND/OR PROGESTINS

Cancer of the uterus. The risk of cancer of the uterus increases when estrogens are used alone, the longer they are used, and when larger doses are taken. There is a higher risk of cancer of the uterus if you are overweight, diabetic, or have high blood pressure.

The hormone combination you will be taking contains estrogen and progestin. This combination has been shown to provide the benefits of estrogen replacement therapy while reducing the risk of a precancerous condition of the uterine lining.

Additional risks may be associated with the inclusion of a progestin in estrogen treatment. The possible risks include unfavorable effects on blood fats and sugars. Usually, the smaller the dose and the shorter the duration of treatment, the more these effects are minimized. Check with your doctor to make sure you are using the lowest effective dose and only for as long as you need it.

Cancer of the breast. Most studies have not shown a higher risk of breast cancer in women who have ever used estrogens. However, some ies have reported that breast cancer developed more often (up to twice the usual rate) in women who used estrogens for long periods of time (cially more than 10 years), or who used high doses for shorter time periods. The effects of added progestin on the risk of breast cancer are unkr Some studies have reported a somewhat increased risk, even higher than the possible risk associated with estrogens alone. Others have not. Re breast examinations by a health professional and monthly self-examination are recommended for all women.

Gallbladder disease. Women who use estrogens after menopause are more likely to develop gallbladder disease needing surgery than women do not use estrogens.

Inflammation of the Pancreas. Women with high triglyceride levels may have an increased risk of developing inflammation of the pancreas.

Abnormal blood clotting. Taking estrogens may increase the risk of blood clots. These clots can cause a stroke, a heart attack, or a pulmc embolus, any of which may cause death or serious long-term disability.

Excess calcium in the blood. Taking estrogens may lead to severe hypercalcemia in women with breast and/or bone cancer.

During pregnancy. There is an increased risk of birth defects in children whose mothers take this drug during the first four months of pregn Several reports suggest an association between mothers who take these drugs in the first trimester of pregnancy and genital abnormalities in male female babies. The risk to the male baby is the possibility of being born with a condition in which the opening of the penis is on the underside r than the tip of the penis (hypospadias). Hypospadias occurs in about 5 to 8 per 1,000 male births and is about doubled with exposure to these d There is not enough information to quantify the risk to exposed female fetuses. However, enlargement of the clitoris and fusion of the labia may o although rarely.

Therefore, since drugs of this type may induce mild masculinization of the external genitalia of the female fetus, as well as hypospadias in the fetus, it is wise to avoid using the drug during the first trimester of pregnancy. These drugs have been used as a test for pregnancy, but such use longer considered safe because of possible damage to a developing baby. Also, more rapid methods for testing for pregnancy are now available you take PREMPRO and later find you were pregnant when you took it, be sure to discuss this with your doctor as soon as possible.

SIDE EFFECTS WITH ESTROGENS AND/OR PROGESTINS

In addition to the risks listed above, the following side effects have been reported with estrogen and/or progestin use:

- Nausea, vomiting, pain, cramps, swelling, or tenderness in the abdomen.
- Yellowing of the skin and/or whites of the eyes.
- Breast tenderness or enlargement.
- Enlargement of benign tumors of the uterus.
- Irregular bleeding or spotting.
- Change in amount of cervical secretion.
- Vaginal yeast infections.
- Retention of excess fluid. This may make some conditions worsen, such as asthma, epilepsy, migraine, heart disease, or kidney disease.
- A spotty darkening of the skin, particularly on the face; reddening of the skin; skin rashes.
- Worsening of porphyria.
- Headache, migraines, dizziness, faintness, or changes in vision (including intolerance to contact lenses).
- Mental depression.
- Involuntary muscle spasms.
- Hair loss or abnormal hairiness.
- Increase or decrease in weight.
- Changes in sex drive.
- Possible changes in blood sugar.

REDUCING THE RISKS OF ESTROGEN/PROGESTIN USE

If you decide to take an estrogen/progestin combination, you can reduce your risks by carefully monitoring your treatment.

See your doctor regularly. While you are taking PREMPRO, it is important to visit your doctor at least once a year for a checkup. If you deve vaginal bleeding while taking estrogens, you may need further evaluation. If members of your family have had breast cancer or if you have ever h breast lumps or an abnormal mammogram (breast X ray), you may need to have more frequent breast examinations.

Reassess your need for treatment. You and your doctor should reevaluate your need for estrogens at least every six months.

Be alert for signs of trouble. Report these or any other unusual symptoms to your doctor immediately:

- Abnormal bleeding from the vagina.
- Pains in the calves or chest, a sudden shortness of breath, or coughing blood.
- Severe headache or vomiting, dizziness, faintness, or changes in vision or speech, weakness or numbness of arm or leg.
- Breast lumps.
- Yellowing of the skin and/or whites of the eyes.
- Pain, swelling, or tenderness in the abdomen.

OTHER INFORMATION

Estrogens increase the risk of developing a condition (endometrial hyperplasia) that may lead to cancer of the lining of the uterus. Taking progestin another hormonal drug, with estrogens lowers the risk of developing this condition.

You should know, however, that taking estrogens *with* progestins may have unhealthy effects on blood sugar, which might make diabetic condition worse.

Some research has shown that estrogens taken *without* progestins may protect women against developing heart disease. However, this is not ce tain. The protection shown may have been caused by the characteristics of the estrogen-treated women and not by the estrogen treatment itself. general, treated women were slimmer, more physically active, and were less likely to have diabetes than the untreated women. These characteristi are known to protect against heart disease.

It is important to discuss, in detail, with your doctor or health care provider all the possible risks and benefits of long-ter estrogen and progestin treatment as they affect you personally.

This Summary provides the most important information about PREMPRO. If you want to read more, ask your doctor or pharmacist to let you re the professional labeling.

This Brief Summary for Direct-to-Consumer Advertising is based on the current PREMPRO Tablets insert (PI 4665-3) revised May 21,199 with the incorporation, in lay language, of pertinent text from the Physician Insert, (CI 4664-3) revised May 21,1997.

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FREE 13 HONEYSUCKLE WHITE TURKEY— For product selection, preparation and serving information call 1-800-810-MEAL. For additional holiday entertaining suggestions, including over 100 recipes, visit www.honeysucklewhite.com. CARGIL TURKEY.

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14 BROYHILL—"Visions", a new 24-page full-color decorating workbook from Broyhill makes decorating your home easy and enjoyable. Call 1-800-3BROYHILL (1-800-327-6944). BROYHILL FURNITURE. $1.00.

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After leaving the doctor's office, many people head straight to a computer.

Could Cyberspace Save Your Life?

by Patricia Hittner

Take two aspirin and get on the Internet. This advice is fast becoming the standard prescription for anyone who finds himself facing a new or major illness.

Medical journals, research papers, and huge international databases once available only to doctors are now just a mouse click away. Savvy consumers can even learn about a breakthrough before their doctor does. The technology has bred a growing group of informed, empowered patients who sometimes want to discuss and debate options, instead of just obediently following their doctor's advice.

"Doctors have the occasional experience of having a patient walk in knowing more than they do," says Dr. Tom Ferguson, a national authority on Internet growth and author of *Health Online*. "In many cases, the patients are teaching the doctors about what's out there."

Information gleaned from the Internet has twice helped extend the lives of two people Suzanne McInerney loves dearly—her mother and her daughter. Suzanne, who lives in Hershey, Pennsylvania, found out online about an innovative surgery for liver tumors at Ohio State University. She took her mother there and the surgery was a success, allowing her to live four years longer than doctors expected before she died of an unrelated illness. Suzanne later coauthored a book entitled *Infomedicine: A Consumer's Guide to the Latest Medical Research*.

Then, in the fall of 1995, her daughter, Annie, was diagnosed with non-Hodgkin's lymphoma, a cancer of the lymph system. The family had only four days to decide on treatment. Suzanne asked to use the hospital library's computer.

"It was the last place I wanted to be," she says. "I just wanted to be

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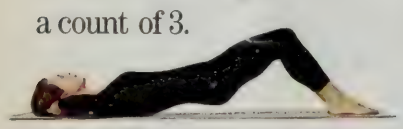
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Could Cyberspace Save Your Life?

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with my daughter, but I knew I had to search."

After scouring the medical database MEDLINE (see *below*), she reviewed treatment options, including a clinical trial using an experimental drug combination. She was able to get the name and phone number of the doctor in charge of the study. Annie, 31, took the experimental drugs and today she's a healthy graduate student working toward her Ph.D.

"Having a sick child is every mother's nightmare," Suzanne says, "but becoming informed gave me a sense of control. I wasn't going to let her lie down and die. I was going to do my very best for her."

Knowledge is power. Nearly every major hospital has an Internet site full of health information, and many doctors have their own online address. Some doctors correspond with patients free of charge.

But even your doctor can't possibly know all the medical information available on every disease. Dr. Kenneth A. Goldberg, founder of the Male Health Institute in Irving, Texas, is the first to admit he can't stay abreast of every new development. He's inundated with medical journals from around the world. Reading them all would leave no time to see patients.

"I enjoy it when my patients bring information from Web pages to me," he says. "Patients should be stimulated and involved and be a part of the decision-making process."

One patient, John Hail of Garland, Texas, says the Internet saved his life. After a blood test revealed his prostate cancer had spread, neither he nor Dr. Goldberg could tell exactly where the cancer was. John didn't want to wait to see where the disease might surface

GETTING STARTED It's easy to browse the Internet. Many sites are interconnected, with "links" that direct you to similar pages. And commercial online services, such as America Online, CompuServe, Prodigy, and Microsoft Network simplify this process even more. These services also have good health forums of their own, and provide Internet connection as well.

Once online, you can read about virtually any health condition by plugging into one of the search engines, such as Yahoo (http://www.yahoo.com), Webcrawler (http://www.webcrawler.com) or Lycos (http://www.lycos.com). Search engines search Web sites by subject. The searches are free and helpful.

Here are some good places to start:

- MEDLINE (http://www.nlm.nih.gov), a free service of The National Library of Medicine, is the world's most extensive collection of published medical information.
- OncoLink (http://www.oncolink.com) is a must-stop for anyone diagnosed with cancer. Sponsored by the University of Pennsylvania Cancer Center, this enormous information bank contains news on the latest treatment trends and provides direct links to cancer journals. It also allows you to search for data specific to your disease.
- Psych Central (http://www.coil.com/~grohol/) is one-stop shopping for people seeking information on mental health issues.
- OBGYN.net (http://www.obgyn.net) is a doctor-reviewed site with just about everything you may need on women's health. It also provides over 4,500 links to other medical sites.
- KidsHealth (http://www.kidshealth.org), the winner of numerous online awards, contains the equivalent of thousands of pages of printed material, organized in a concise, easy-to-read manner.

Links to all of these health sites are available at Better Homes and Gardens Online (http://www.bhglive.com).

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CNEIL - PPC 1996 PLEASE CONSULT YOUR DOCTOR ABOUT BLADDER PROBLEMS.

Could Cyberspace Save Your Life?

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before beginning therapy. And he didn't like the other option—radiation—because he considered it a hit-or-miss approach.

Instead, he headed into cyberspace. The 55-year-old spent over 100 computer hours researching various treatments and learned of a study that could pinpoint his malignancy. He enrolled in the study and was injected with a radioactive dye that gravitates toward cancer cells. A week later, a



body scan showed one small tumor. The site was blasted with radiation, and now—almost two years later—John has no signs of the disease.

"When you're online, you're not just going to one doctor," says John. "You're getting the experience and expertise of multiple research programs. I have a notebook six inches thick with stuff I got off the Web."

Support groups help and harm. Online support groups, a sort of cybertherapy, are one of the most popular—and controversial—aspects of finding help on the Internet. You can meet caring people who understand your difficulties and pick up valuable tips on living with your disease, but there's no guarantee the advice you're getting is sound.

There are thousands of self-help groups—some dedicated to highly specific conditions. You'll find one for DES daughters (children of women who took the synthetic estrogen diethylstilbestrol during pregnancy, and who are now at risk for vaginal cancer), one for women contemplating pregnancy, and another devoted to feeding a new baby. There are also support groups for people who have bad breath or smelly feet.

The self-help forums are extremely popular, judging by the number of people who participate. They can be a real lifeline for anyone suffering from a chronic or life-threatening illness.

Anyone can establish a home page on the Internet, so mere presence doesn't guarantee any legitimacy.

"They provide a community where people are valued and cared about," says Dr. Ferguson. "When people are sick, some of their closest friends may pull away because they're scared."

Not all doctors, however, like these open exchanges. Dr. Leslie Dornfeld, known as Dr. D on America Online's Health Channel, views them with particular concern. He worries about people receiving erroneous—and potentially harmful—information. From time to time, Dr. Dornfeld eavesdrops or "lurks" on online conversations. "Lurking" is used to describe a person who reads a discussion group, but doesn't participate. Dr. Dornfeld will intervene if he thinks he needs to. "I've seen people say things that are absolute medical nonsense."

For example, a woman with severe hypertension was told by someone online to quit her medication and try a natural remedy. Of course, no one should stop taking any drug without consulting a doctor. But, in this case, it was a particularly dangerous idea that could have caused a rebound effect in which her blood pressure soared. "This could have killed her in days," Dr. Dornfeld says.

He believes that medical chat rooms—where people carry on conversations via computer as if they were all in the same room—are especially dangerous. They should be monitored by a health care professional, he says. "When it comes to medical care, some degree of screening is necessary," he says. "Medicine is an important enough subject for it to be regulated in some way."

Science or snake oil? Lack of regulation is one reason hucksters and con artists have flocked to the Internet. A recent editorial in the *Journal of the American Medical Association* underscored this problem, warning against the difficulty patients may have "distinguishing the wheat from the chaff, the useful from the harmful."

Anyone can establish a home page on the Internet, so mere presence doesn't guarantee any legitimacy. You'll read about "miracle cures" and plenty of bizarre advice as you venture into cyberspace.

This carnival atmosphere is most apparent in postings for cancer patients. One site says any disease can be cured by eating a diet of cooked vegetables. Another promises to teach patients everything they need to know about their illness if

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*Due to *Candida*.

† IMS America National Prescription Audit September 1994-January 1996.

‡ Monistat 7 (miconazole) is a registered trademark of Ortho Pharmaceutical Corp; Gyne-Lotrimin (clotrimazole) is a registered trademark of Schering-Plough Corp; Mycelex-7 (clotrimazole) is a registered trademark of Bayer Corp.

Diflucan®
(fluconazole 150-mg tablet)

for vaginal yeast infections due to *Candida*

Summary of patient information about DIFLUCAN (Di-flū-can), fluconazole (flū-con-a-zol)

PLEASE READ THIS BEFORE USING DIFLUCAN for the treatment of vaginal yeast infections due to *Candida*

Pfizer wants you to know as much as possible about your medicines. The purpose of this summary is to inform you about DIFLUCAN and its use in the treatment of vaginal yeast infections. However, no summary can take the place of a discussion between you and your doctor or other healthcare professional. Your doctor has been provided with full prescribing information for DIFLUCAN, upon which this summary is based. You may want to read it and discuss any questions you may have.

What is a vaginal yeast infection?

In the vagina, yeast and bacteria live together in a balance that limits the excessive growth of either. When this normal balance is upset for any reason, an infection can occur. Changes within the vagina can be caused by increased moisture, as may happen during prolonged exposure to wet clothing or sweaty exercise outfits.

In addition, some medical conditions and certain medicines can increase the chances of getting a yeast infection. Specifically, the chances of getting an infection are higher in women who are pregnant, diabetic, using birth control pills, or taking antibiotics. Vaginal infections are common, and an estimated 75% of all adult women have at least one vaginal yeast infection in their lifetimes.

Vaginal yeast infections are uncomfortable and may cause itching, burning, and soreness. When infected, the lining of the vagina becomes inflamed (a condition known as vaginitis) and the vaginal area reddens. An increase in vaginal secretions is also common during yeast infections, and some women have a thick, white discharge.

What is *Candida*?

Most yeast infections are caused by a type of fungus called *Candida*. It is normal for the *Candida* yeast to live in the human body.

How does DIFLUCAN work against a yeast infection?

DIFLUCAN is an antifungal agent that works by interfering with the yeast's normal growth process. Because of this action, DIFLUCAN effectively cures most vaginal yeast infections due to *Candida*.

Who should NOT take DIFLUCAN?

DIFLUCAN should not be taken by anyone known to be allergic to fluconazole, the active ingredient, or to any of the inactive ingredients listed at the end of this Summary. Also, you should tell your doctor or other healthcare professional if you are allergic to any other medicines.

How should I take DIFLUCAN and what should I expect?

DIFLUCAN for vaginal yeast infections is a 150-mg tablet that is taken by mouth. Most patients can expect to see the beginning of symptom relief within 24 hours of taking the tablet. As DIFLUCAN works to cure the infection over a period of days, symptoms will gradually lessen and eventually disappear.

DIFLUCAN can be taken anytime—day or night—with or without meals. You should take it as soon as possible, by **mouth**, to ensure the earliest relief. If the symptoms have not started to go away within 3 to 5 days, you should contact your doctor or other healthcare professional.

Possible side effects

In US clinical studies of 448 patients taking a single dose of DIFLUCAN for vaginal yeast infections, the most common side effects reported were headache (13%), nausea (7%), and stomach pain (6%). Other side effects reported were diarrhea (3%), indigestion (1%), dizziness (1%), and changes in the way food tastes (1%). Overall, 26% of patients taking DIFLUCAN reported side effects, compared with 16% of 422 patients using vaginal products. You may want to discuss with your doctor or other healthcare professional whether the convenience of a single oral dose outweighs the increased risk of side effects compared with other treatments that are applied directly in the vagina. You should also tell your doctor or other healthcare professional about any side effects you do experience.

Important warnings and precautions

Follow your doctor's directions about how to take DIFLUCAN, and be aware of the following points:

- If the symptoms of your vaginal yeast infection have not improved within 3 to 5 days, contact your doctor or other healthcare professional.
- DIFLUCAN has not been studied in pregnant women. If you are pregnant, your doctor should prescribe DIFLUCAN only if the benefit to you justifies the possible risk to the fetus.
- Because DIFLUCAN passes into human milk, you should not take DIFLUCAN while nursing.
- Be sure to tell your doctor and other healthcare professionals about *all* the medicines you are taking—prescription, nonprescription, and vitamins. They know about possible interactions between medicines and are best able to prevent them. DIFLUCAN may interact with certain birth control pills, cimetidine (Tagamet), hydrocholorothiazide, antacids, rifampin, warfarin (Coumadin), phenytoin (Dilantin), cyclosporine (Sandimmune), zidovudine (Retrovir or AZT), theophylline, terfenadine (Seldane), and oral antidiabetic medicines. If you are not sure whether you are taking any of these medicines, check with your doctor, pharmacist, or other healthcare professional.
- DIFLUCAN has been connected to rare cases of serious liver damage, including deaths, primarily in patients with serious underlying medical conditions.
- Rare cases of anaphylaxis (a severe allergic reaction) have been reported, as well as rare cases of a severe skin disorder.

Cancer and impairment of fertility

Like most prescription drugs, DIFLUCAN was required to be tested on animals before it was allowed for human use. Often these tests are designed to achieve higher drug levels than humans achieve at recommended dosing. In these tests, benign liver tumors were observed in some of the male animals and a complicated labor/delivery was observed in some female animals. Your healthcare professional can tell you more about how drugs are tested on animals and what the results of these tests mean about safety for you.

Pediatric use

One-dose DIFLUCAN treatment for vaginal yeast infections due to *Candida* has not been studied in children. When multiple-dose DIFLUCAN was used for the treatment of other infections in children up to the age of 17 years, the most commonly reported side effects were vomiting (5%), stomach pain (3%), nausea (2%), and diarrhea (2%).

Active ingredient: Each tablet contains 150 mg fluconazole.

Inactive ingredients: Microcrystalline cellulose, dibasic calcium phosphate anhydrous, povidone, croscarmellose sodium, FD&C Red No. 40 aluminum lake dye, and magnesium stearate.

Caution: Federal law prohibits dispensing without a prescription. You must see a doctor to receive a prescription.

If you have any questions or want more information about DIFLUCAN for the treatment of vaginal yeast infections, talk to your doctor or other healthcare professional.

Pfizer U.S. Pharmaceuticals Group

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Could Cyberspace Save Your Life?

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they just send in payment. In larger letters, the site also tries to attract "opportunity seekers."

Government agencies and nonprofit organizations are also good sources of information. But these sites can link you with others that aren't worth a visit, warns Dr. Timothy B. McCall, a Boston-based internist and author of *Examining Your Doctor: A Patient's Guide to Avoiding Harmful Medical Care.*

"It's not just where you originate, but where you end up. If something you read sounds too good to be true, it probably is," he says. "Think about who's sponsoring the site. Even if they're not trying to push a product, they may be trying to sell you their point of view."

Suzanne McInerney recommends reading only peer-reviewed medical literature. Medical journals, such as *New England Journal of Medicine* and the *Journal of the American Medical Association*, only publish studies reviewed by other doctors highly familiar with the subject. And though studies may look intimidating, you don't need a medical degree to read them. Each one has a conclusion and a summary that contain most of what you'll need to know.

"People teach themselves about real estate, cars, and refrigerators. If you want to try and save someone's life, you can learn the necessary vocabulary," Suzanne says.

The main thing is to use your knowledge to get into a position to talk to your doctor. When a doctor knows someone is really trying to help, it creates a different chemistry.

"The Internet isn't a panacea that will make everything all right, but it definitely improves your chances," she says. "You never want to look back and think you didn't do everything you possibly could." ♦

Fresh, clean, soft skin.

Your husband will love
our bodywash,



even if
he doesn't use it.



The fresh deodorant clean
with moisturizer
for all your 2000 parts.™

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To Test or Not?

The Prostate Debate

by Patricia Hittner



New York Yankees general manager Bob Watson has two main passions: baseball and the PSA test. He says the test saved his life and he wants all middle-aged men to have it.

Former baseball star and New York Yankees general manager Bob Watson has faced a lot of tough pitches in his day, but nothing rivals the nasty curveball thrown his way three years ago.

At age 47, he was hit with a diagnosis of prostate cancer, found by a simple blood test known as the prostate-specific antigen (PSA) test.

Bob and his wife, Carol, consider it a miracle his cancer was caught in time. "We both feel it was an ordained situation," says Carol, who believes God guided her husband to ask his doctor for the controversial test. His doctor didn't want to do it, but caved in under Bob's insistence. A tumor was found and in April 1994 Bob had a radical prostatectomy—surgical removal of the prostate gland. Today, he's cancer free.

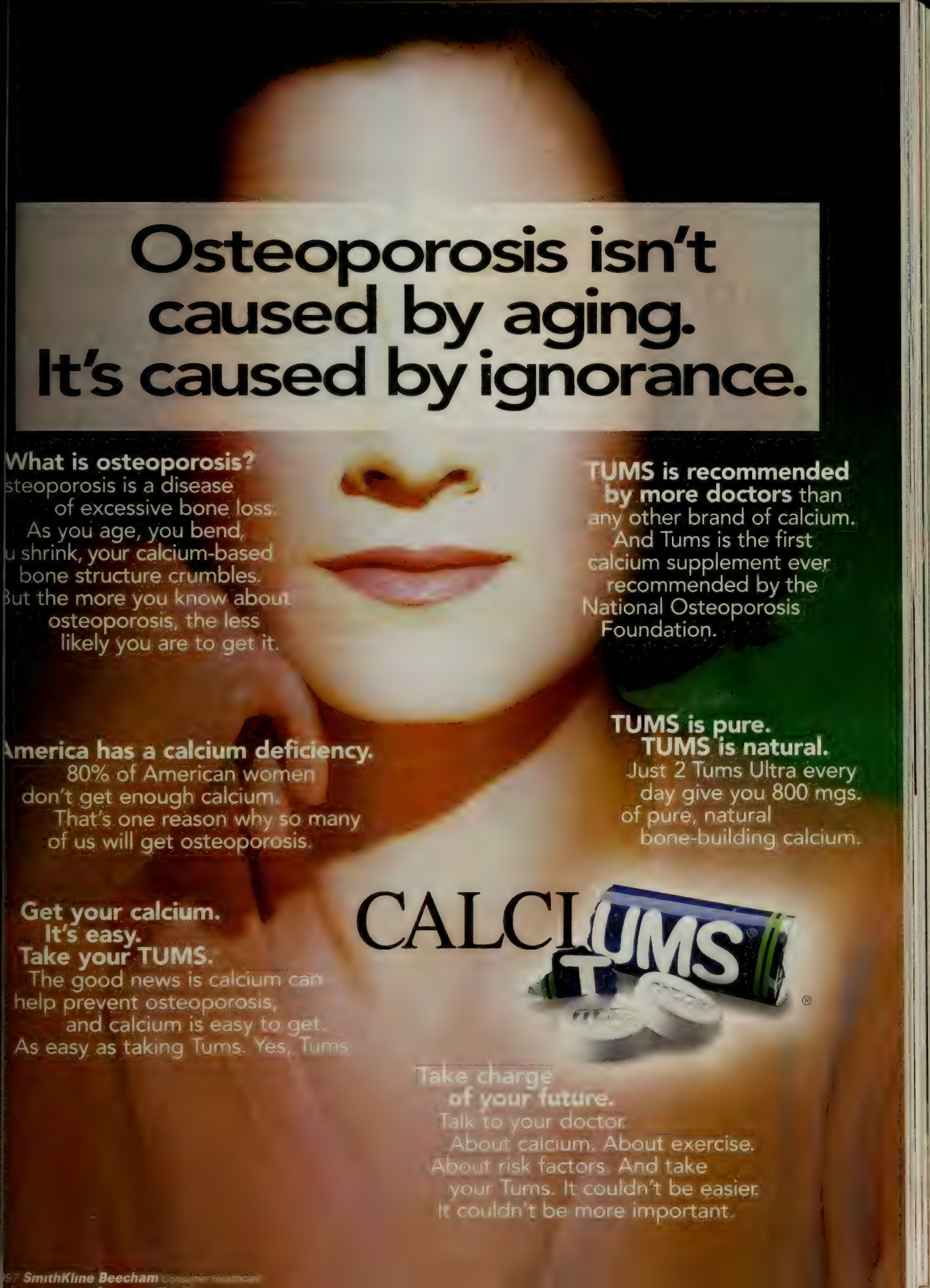
Prostate cancer is the second leading cause of death among American men, behind lung cancer. The prostate gland, which manufactures seminal fluid, usually causes no problems until midlife when a tumor can enlarge the gland and interfere with urination. This year, 40,000 men will die from prostate cancer and more than 200,000 will be diagnosed with it.

Many new cases are coming to light solely because of the PSA test. The test—which measures the level of an enzyme known as prostate-specific antigen, a substance usually elevated in men with prostate cancer—has sparked a national debate among doctors, some of whom say it shouldn't be done at all.

It's a good thing, right? It seems logical that early detection for a disease that can kill is a good thing. But no one has yet demonstrated—beyond a shadow of a doubt—that the PSA test saves men's lives.

Prostate tumors are unlike most tumors, due to a wide variation in how they behave, says Dr. Philip Kantoff, an oncologist and director of the Prostate Cancer Clinic at Boston's Dana-Farber Cancer Institute. Some prostate tumors spread rapidly to bones and other organs. Others remain dormant for decades. Dr. Kantoff estimates that 8 million men in the United States have prostate cancer

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Osteoporosis isn't caused by aging. It's caused by ignorance.
What is osteoporosis?
steoporosis is a disease of excessive bone loss. As you age, you bend, u shrink, your calcium-based bone structure crumbles. 3ut the more you know about osteoporosis, the less likely you are to get it.
TUMS is recommended by more doctors than any other brand of calcium. And Tums is the first calcium supplement ever recommended by the National Osteoporosis Foundation.
America has a calcium deficiency.
80% of American women don't get enough calcium. That's one reason why so many of us will get osteoporosis.
TUMS is pure. TUMS is natural.
Just 2 Tums Ultra every day give you 800 mgs. of pure, natural bone-building calcium.
Get your calcium. It's easy. Take your TUMS.
The good news is calcium can help prevent osteoporosis, and calcium is easy to get. As easy as taking Tums. Yes, Tums.
CALCI TUMS
Take charge of your future.
Talk to your doctor. About calcium. About exercise. About risk factors. And take your Tums. It couldn't be easier. It couldn't be more important.
97 SmithKline Beecham Consumer Healthcare

The Prostate Debate

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right now. Most will remain blissfully unaware of it throughout their entire lives.

"More men die with prostate cancer than from it," says Dr. Kantoff. Prostate cancer is present in 30 percent of men over age 50, and it becomes even more common with each passing decade. But many tumors are "clinically insignificant," he says. The difficulty lies in distinguishing these from potentially lethal ones. There's no way to predict, with total accuracy, which tumors will turn deadly.

In the past, prostate cancer was discovered when a doctor felt a suspicious lump or when it caused pain or trouble with urination. By then, the cancer had often already spread. Today, the disease is almost always found much earlier, and the PSA test is widely hailed as the reason.

But here's the reason for the controversy: The test generates a high number of false positives, often creating unnecessary anxiety. Even if cancer is found, it may not be the deadly kind. Conversely, a PSA reading can be normal even in the presence of cancer.

"The key is if PSA testing will decrease mortality rates," says Dr. Peter R. Carroll, a urologic oncologist at the University of California, San Francisco Medical Center. "I think it will, but the question will be, 'At what price?' "

Too many false alarms. But Dr. Otis W. Brawley, an oncologist at the National Cancer Institute, is convinced the PSA test is dangerous. He's so certain that he's betting his life on it. Dr. Brawley is a prime candidate for prostate cancer. He's 39, African-American (this cancer often strikes black men early), and two uncles had the disease. Yet he won't even consider taking the test.



A PSA test found Jerry Ceppos' prostate cancer. The 51-year-old executive editor of the *San Jose Mercury News* is outraged that there's even a debate over early screening. "The PSA test is a blessing, a miraculous lifesaver that didn't exist a generation ago."

"I practice what I preach," Dr. Brawley says. "I believe that when we finally get the studies done, we will find prostate cancer screening will ruin lives, not save them. I really believe that."

PSA screening, he concedes, can pick up tumors before they cause any symptoms. But, he says, early diagnosis doesn't necessarily add years to a patient's life. Instead, he says, the PSA test exposes men to the very real threat of needless treatment. Prostate cancer often grows so slowly that a man will die of something else first.

"Yes, they have cancer, but it was never going to kill them," says Dr. Brawley. "That's the big problem."

Cancer eventually returns in one quarter of patients who have a prostatectomy, negating the benefits of undergoing a major operation. No one, he says, has proven the existence of patients actually cured through

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Treatment Options

Few conditions create as much controversy as prostate cancer, so it's no surprise doctors have different theories on how best to treat it. Patients who shop around can easily find a doctor willing to try something new or experimental. But some treatments are so new, it's impossible to judge long-term effectiveness, says Dr. Patrick C. Walsh, chief urologist at Johns Hopkins Hospital. Here are the most widely accepted ones:

• **Surgery.** Radical prostatectomy is still considered the standard cure. Overall, about 70 percent of patients are free of cancer 10 years later. The prognosis is even more favorable for men with cancer that appears confined to the prostate. However, this isn't an easy cure.

Recovery takes four to six weeks. Impotence is a common side effect, although sexual function is sometimes preserved with newer surgical techniques. A small group of patients experience ongoing problems with bladder control.

A new study paints a more positive picture of life after surgery. It found 90 percent of patients were happy with their decision. It also found that men who chose surgery had only a slightly higher incidence of impotence and incontinence than prostate cancer patients who had a different kind of treatment.

"For men in their 40s and 50s, surgery is the best form of treatment because it has the best track record so far in terms of curing the cancer," says Dr. Walsh.

• **Radiation.** External beam radiation is often recommended for men over 70, or for patients with cancer that has spread. Many experts argue that it doesn't have the same potential to cure as surgery, but it can control most localized cancers for long periods.

• **Watchful waiting.** Managing the prostate with semiannual checkups is an option for older patients, as well as for men with tiny, nonaggressive cancers. Some men with advanced tumors may choose to just attack symptoms and not the underlying disease.

Watchful waiting may allow men to avoid the side effects of some treatments, but they should be aware that there's no way to predict—with total certainty—which cancers will spread.

REQUENT HEARTBURN SUFFERERS:

f your heartburn medicine works so well, why do you keep getting heartburn?



SK YOUR DOCTOR ABOUT RILOSEC

ust one capsule of RILOSEC daily can provide 24-hour acid control.

f you still suffer from heartburn two or nore times a week, you probably don't ave ordinary heartburn.

You may have a potentially serious condition called acid reflux disease (also known as gastroesophageal reflux disease, or GERD). Today doctors can help by prescribing PRILOSEC. It is highly effective in controlling acid production for 24 hours—even after meals, and all night, too—with just one capsule a day.

requently prescribed by gastrointestinal pecialists.

Many GERD sufferers have experienced the 24-hour acid control and relief PRILOSEC can offer.

vailable only by prescription. Ask your octor if PRILOSEC is right for you.

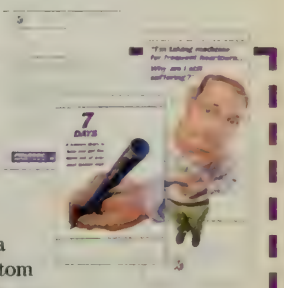
PRILOSEC is generally well tolerated, but it is not for everybody. The most common side effects are headache (6.9%), diarrhea (3.0%), and abdominal pain (2.4%).

Please read important information on the adjacent page and discuss it with your doctor.

FREE INFORMATION KIT

1-800-325-1060

You will receive FREE: a brochure about frequent heartburn, acid reflux disease, and PRILOSEC; plus, a personal heartburn diary, and a symptom questionnaire to help your doctor help you.



JUST ONE CAPSULE DAILY FOR 24-HOUR ACID CONTROL

PRILOSEC®* (OMEPRAZOLE) 20 MG ONCE DAILY

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Please read this summary carefully, and then ask your doctor about PRILOSEC. No advertisement can provide all the information needed to prescribe a drug. This advertisement does not take the place of careful discussions with your doctor. *Only your doctor* has the training to weigh the risks and benefits of a prescription drug for you.

PRILOSEC®* *(OMEPRAZOLE)* Delayed-Release Capsules

BRIEF SUMMARY

CLINICAL PHARMACOLOGY ***Pharmacokinetics and Metabolism:*** **Omeprazole –** In pharmacokinetic studies of single 20 mg omeprazole doses, an increase in AUC of approximately four-fold was noted in Asian subjects compared to Caucasians. Dose adjustment, particularly where maintenance of healing of erosive esophagitis is indicated, for the hepatically impaired and Asian subjects should be considered.

INDICATIONS AND USAGE ***Duodenal Ulcer:*** PRILOSEC is indicated for short-term treatment of active duodenal ulcer. Most patients heal within 4 weeks. Some patients may require an additional 4 weeks of therapy. PRILOSEC, in combination with clarithromycin, is also indicated for treatment of patients with *H. pylori* infection and active duodenal ulcer to eradicate *H. pylori*. Eradication of *H. pylori* has been shown to reduce the risk of duodenal ulcer recurrence. In patients who fail therapy, susceptibility testing should be done. If resistance to clarithromycin is demonstrated or susceptibility testing is not possible, alternative antimicrobial therapy should be instituted. (See the clarithromycin package insert, MICROBIOLOGY section.) ***Gastric Ulcer:*** PRILOSEC is indicated for short-term treatment (4-8 weeks) of active benign gastric ulcer. ***Treatment of Gastroesophageal Reflux Disease (GERD):*** **Symptomatic GERD –** PRILOSEC is indicated for the treatment of heartburn and other symptoms associated with GERD. **Erosive Esophagitis –** PRILOSEC is indicated for the short-term treatment (4-8 weeks) of erosive esophagitis which has been diagnosed by endoscopy. The efficacy of PRILOSEC used for longer than 8 weeks in these patients has not been established. In the rare instance of a patient not responding to 8 weeks of treatment, it may be helpful to give up to an additional 4 weeks of treatment. If there is recurrence of erosive esophagitis or GERD symptoms (e.g. heartburn), additional 4-8 week courses of omeprazole may be considered. ***Maintenance of Healing of Erosive Esophagitis:*** PRILOSEC is indicated to maintain healing of erosive esophagitis. Controlled studies do not extend beyond 12 months. ***Pathological Hypersecretory Conditions:*** PRILOSEC is indicated for the long-term treatment of pathological hypersecretory conditions (e.g., Zollinger-Ellison syndrome, multiple endocrine adenomas and systemic mastocytosis).

CONTRAINDICATIONS ***Omeprazole:*** PRILOSEC Delayed-Release Capsules are contraindicated in patients with known hypersensitivity to any component of the formulation. ***Clarithromycin:*** Clarithromycin is contraindicated in patients with a known hypersensitivity to any macrolide antibiotic. Concomitant administration of clarithromycin with cisapride, pimozide, or terfenadine is contraindicated. There have been post-marketing reports of drug interactions when clarithromycin and/or erythromycin are co-administered with cisapride, pimozide, or terfenadine resulting in cardiac arrhythmias (QT prolongation, ventricular tachycardia, ventricular fibrillation, and torsades de pointes) most likely due to inhibition of hepatic metabolism of these drugs by erythromycin and clarithromycin. Fatalities have been reported. (Please refer to full prescribing information for clarithromycin before prescribing.)

WARNING: ***Clarithromycin:*** **CLARITHROMYCIN SHOULD NOT BE USED IN PREGNANT WOMEN EXCEPT IN CLINICAL CIRCUMSTANCES WHERE NO ALTERNATIVE THERAPY IS APPROPRIATE. IF PREGNANCY OCCURS WHILE TAKING CLARITHROMYCIN, THE PATIENT SHOULD BE APPRISED OF THE POTENTIAL HAZARD TO THE FETUS. (See WARNINGS in prescribing information for clarithromycin.)**

PRECAUTIONS ***General:*** Symptomatic response to therapy with omeprazole does not preclude the presence of gastric malignancy. Atrophic gastritis has been noted occasionally in gastric corpus biopsies from patients treated long-term with omeprazole. ***Information for Patients:*** PRILOSEC Delayed-Release Capsules should be taken before eating. Patients should be cautioned that the PRILOSEC Delayed-Release Capsule should not be opened, chewed or crushed, and should be swallowed whole. ***Drug Interactions:*** **Other –** Omeprazole can prolong the elimination of diazepam, warfarin and phenytoin, drugs that are metabolized by oxidation in the liver. Although in normal subjects no interaction with theophylline or propranolol was found, there have been clinical reports of interaction with other drugs metabolized via the cytochrome P-450 system (e.g., cyclosporine, disulfiram, benzodiazepines). Patients should be monitored to determine if it is necessary to adjust the dosage of these drugs when taken concomitantly with PRILOSEC. Because of its profound and long lasting inhibition of gastric acid secretion, it is theoretically possible that omeprazole may interfere with absorption of drugs where gastric pH is an important determinant of their bioavailability (e.g., ketoconazole, ampicillin esters, and iron salts). In the clinical trials, antacids were used concomitantly with the administration of PRILOSEC. **Combination Therapy with Clarithromycin –** Co-administration of omeprazole and clarithromycin may result in increases in plasma levels of omeprazole, clarithromycin, and 14-hydroxy-clarithromycin. (See CLINICAL PHARMACOLOGY, *Pharmacokinetics: Combination Therapy with Clarithromycin* in full Prescribing Information.) Concomitant administration of clarithromycin with cisapride, pimozide, or terfenadine is contraindicated. There have been reports of an interaction between erythromycin and astemizole resulting in QT prolongation and torsades de pointes. Concomitant administration of erythromycin and astemizole is contraindicated. Because clarithromycin is also metabolized by cytochrome P450, concomitant administration of clarithromycin with astemizole is not recommended. (See also CONTRAINDICATIONS, *Clarithromycin*, above. Please refer to full prescribing information for clarithromycin before prescribing.) ***Carcinogenesis, Mutagenesis, Impairment of Fertility:*** In two 24-month carcinogenicity studies in rats, omeprazole at daily doses of 1.7, 3.4, 13.8, 44.0 and 140.8 mg/kg/day (approximately 4 to 352 times the human dose, based on a patient weight of 50 kg and a human dose of 20 mg) produced gastric ECL cell carcinoids in a dose-related manner in both male and female rats; the incidence of this effect was markedly higher in female rats, which had higher blood levels of omeprazole. Gastric carcinoids seldom occur in the untreated rat. In addition, ECL cell hyperplasia was present in all treated groups of both sexes. In one of these studies, female rats were treated with 13.8 mg/kg/day omeprazole (approximately 35 times the human dose) for 1 year, then followed for an additional year without the drug. No carcinoids were seen in these rats. An increased incidence of treatment-related ECL cell hyperplasia was observed at the end of 1 year (94% treated vs 10% controls). By the second year the difference between treated and control rats was much smaller (46% vs 26%) but still showed more hyperplasia in the treated group. An unusual primary malignant tumor in the stomach was seen in one rat (2%). No similar tumor was seen in male or female rats treated for 2 years. For this strain of rat no similar tumor has been noted historically, but a finding involving only one tumor is difficult to interpret. A 78-week mouse carcinogenicity study of omeprazole did not show increased tumor occurrence, but the study was not conclusive. Omeprazole was not mutagenic in an *in vitro* Ames *Salmonella typhimurium* assay, an *in vitro* mouse lymphoma cell assay and an *in vivo* rat liver DNA damage assay. A mouse micronucleus test at 625 and 6250 times the human dose gave a borderline result, as did an *in vivo* bone marrow chromosome aberration test. A second mouse micronucleus study at 2000 times the human dose, but with different (suboptimal) sampling times, was negative. ***Pregnancy:*** **Omeprazole: Pregnancy Category C –** In rabbits, omeprazole in a dose range of 6.9 to 69.1 mg/kg/day (approximately 17 to 172 times the human dose) produced dose-related increases in embryo-lethality, fetal resorptions and pregnancy disruptions. In rats, dose-related embryo/fetal toxicity and postnatal developmental toxicity were observed in offspring resulting from parents treated with omeprazole 13.8 to 138.0 mg/kg/day (approximately 35 to 345 times the human dose). There are no adequate or well-controlled studies in pregnant women. Sporadic reports have been received of congenital abnormalities occurring in infants born to women who have received omeprazole during pregnancy. Omeprazole should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. **Clarithromycin: Pregnancy Category C –** See WARNING (above) and full prescribing information for clarithromycin before using in pregnant women. ***Nursing Mothers:*** It is not known whether omeprazole is excreted in human milk. In rats, omeprazole administration during late gestation and lactation at doses of 13.8 to 138 mg/kg/day (35 to 345 times the human dose) resulted in decreased weight gain in pups. Because many drugs are excreted in human milk, because of the potential for serious adverse reactions in nursing infants from omeprazole, and because of the potential for tumorigenicity shown for omeprazole in rat carcinogenicity studies, a decision should be made whether to discontinue nursing or discontinue the drug, taking into account the importance of the drug to the mother. ***Pediatric Use:*** Safety and effectiveness in children have not been established.

ADVERSE REACTIONS: In the U.S. clinical trial population of patients including duodenal ulcer, Zollinger-Ellison syndrome and resistant ulcer patients), the following adverse reactions were reported to occur in 1% or more of patients on therapy with PRILOSEC. Numbers in parentheses are the percentages of the adverse experiences considered by investigators as possibly, probably, or definitely related to the drug.

	Omeprazole (n=465)	Placebo (n=64)	Ranitidine (n=19
Headache	6.9 (2.4)	6.3	7.7 (2.6)
Diarrhea	3.0 (1.9)	3.1 (1.6)	2.1 (0.5)
Abdominal Pain	2.4 (0.4)	3.1	2.1
Nausea	2.2 (0.9)	3.1	4.1 (0.5)
URI	1.9	1.6	2.6
Dizziness	1.5 (0.6)	0.0	2.6 (1.0)
Vomiting	1.5 (0.4)	4.7	1.5 (0.5)
Rash	1.5 (1.1)	0.0	0.0
Constipation	1.1 (0.9)	0.0	0.0
Cough	1.1	0.0	1.5
Asthenia	1.1 (0.2)	1.6 (1.6)	1.5 (1.0)
Back Pain	1.1	0.0	0.5

The following adverse reactions which occurred in 1% or more of omeprazole-treated patients have been report international double-blind, and open-label, clinical trials in which 2,631 patients and subjects received omeprazole

Incidence of Adverse Experiences ≥ 1% Causal Relationship not Assessed

		Omeprazole (n=2631)	Placebo (n=1
Body as a Whole, site unspecified	Abdominal pain	5.2	3.3
	Asthenia	1.3	0.8
Digestive System	Constipation	1.5	0.8
	Diarrhea	3.7	2.5
	Flatulence	2.7	5.8
	Nausea	4.0	6.7
	Vomiting	3.2	10.0
	Acid regurgitation	1.9	3.3
Nervous System/Psychiatric	Headache	2.9	2.5

Additional adverse experiences occurring in <1% of patients or subjects in domestic and/or international trial occurring since the drug was marketed, are shown below within each body system. In many instances, the relation to PRILOSEC® (omeprazole) was unclear. *Body As a Whole:* Fever, pain, fatigue, malaise, abdominal swe *Cardiovascular:* Chest pain or angina, tachycardia, bradycardia, palpitation, elevated blood pressure, peripheral ed *Gastrointestinal:* Pancreatitis (some fatal), anorexia, irritable colon, flatulence, fecal discoloration, esophageal candid mucosal atrophy of the tongue, dry mouth. During treatment with omeprazole, gastric fundic gland polyps have noted rarely. These polyps are benign and appear to be reversible when treatment is discontinued. Gastro-duod carcinoids have been reported in patients with ZE syndrome on long-term treatment with PRILOSEC. This findi believed to be a manifestation of the underlying condition, which is known to be associated with such tumors. *Hep* Mild and, rarely, marked elevations of liver function tests [ALT (SGPT), AST (SGOT), γ-glutamyl transpeptidase, alk phosphatase, and bilirubin (jaundice)]. In rare instances, overt liver disease has occurred, including hepatocel cholestatic, or mixed hepatitis, liver necrosis (some fatal), hepatic failure (some fatal), and hepatic encephalop *Metabolic/Nutritional:* Hyponatremia, hypoglycemia, weight gain. *Musculoskeletal:* Muscle cramps, myalgia, m weakness, joint pain, leg pain. *Nervous System/Psychiatric:* Psychic disturbances including depression, aggres hallucinations, confusion, insomnia, nervousness, tremors, apathy, somnolence, anxiety, dream abnormalities; ver paresthesia; hemifacial dysesthesia. *Respiratory:* Epistaxis, pharyngeal pain. *Skin:* Rash and, very rarely, cases of se generalized skin reactions including toxic epidermal necrolysis (TEN; some fatal), Stevens-Johnson syndrome, erythema multiforme (some severe); skin inflammation, urticaria, angioedema, pruritus, alopecia, dry skin, hyperhidr *Special Senses:* Tinnitus, taste perversion. *Urogenital:* Interstitial nephritis (some with positive rechallenge), urinary infection, microscopic pyuria, urinary frequency, elevated serum creatinine, proteinuria, hematuria, glycosuria, testi pain, gynecomastia. *Hematologic:* Rare instances of pancytopenia, agranulocytosis (some fatal), thrombocytop neutropenia, anemia, leucocytosis, and hemolytic anemia have been reported. ***Combination Therapy with Clarithromycin:*** In clinical trials using combination therapy with PRILOSEC and clarithromycin, no adverse experien peculiar to this drug combination have been observed. Adverse experiences that have occurred have been limite those that have been previously reported with omeprazole or clarithromycin. Adverse experiences observed in contr clinical trials using combination therapy with PRILOSEC and clarithromycin (n=346) which differed from those previc described for omeprazole alone were: Taste perversion (15%), tongue discoloration (2%), rhinitis (2%), pharyngitis (and flu syndrome (1%). For more information on clarithromycin, refer to the clarithromycin package insert, ADVE REACTIONS section.

OVERDOSAGE: Rare reports have been received of overdosage with omeprazole. Doses ranged from 320 mg to mg (16-45 times the usual recommended clinical dose). Manifestations were variable, but included confus drowsiness, blurred vision, tachycardia, nausea, diaphoresis, flushing, headache, and dry mouth. Symptoms v transient, and no serious clinical outcome has been reported. No specific antidote for omeprazole overdosage is kn Omeprazole is extensively protein bound and is, therefore, not readily dialyzable. In the event of overdosage, treatn should be symptomatic and supportive.

DOSAGE AND ADMINISTRATION ***Duodenal Ulcer:*** Short-Term Treatment of Active Duodenal Ulcer: The rec mended adult oral dose of PRILOSEC is 20 mg once daily. Most patients heal within 4 weeks. Some patients may rec an additional 4 weeks of therapy. (See INDICATIONS AND USAGE.)

Reduction of the Risk of Duodenal Ulcer Recurrence: Combination Therapy with Clarithromycin

Days 1-14:	Days 15-28:
PRILOSEC 40 mg q.d. (in the morning) plus clarithromycin 500 mg t.i.d.	PRILOSEC 20 mg q.d.

Please refer to clarithromycin full prescribing information for CONTRAINDICATIONS and WARNING, and for informa regarding dosing in elderly and renally impaired patients (PRECAUTIONS: *General*, PRECAUTIONS: *Geriatric Use* PRECAUTIONS: *Drug Interactions*). ***Gastric Ulcer:*** The recommended adult oral dose is 40 mg once a day for 4 t weeks. (See INDICATIONS AND USAGE, *Gastric Ulcer.*) ***Gastroesophageal Reflux Disease (GERD):*** The rec mended adult oral dose for the treatment of patients with symptomatic GERD and no esophageal lesions is 20 mg d for up to 4 weeks. The recommended adult oral dose for the treatment of patients with erosive esophagitis and acc panying symptoms due to GERD is 20 mg daily for 4 to 8 weeks. (See INDICATIONS AND USAGE.) ***Maintenance Healing of Erosive Esophagitis:*** The recommended adult oral dose is 20 mg daily. ***Pathological Hypersecret Conditions:*** The dosage of PRILOSEC in patients with pathological hypersecretory conditions varies with the individ patient. The recommended adult oral starting dose is 60 mg once a day. Doses should be adjusted to individual pat needs and should continue for as long as clinically indicated. Doses up to 120 mg t.i.d. have been administered. D dosages of greater than 80 mg should be administered in divided doses. No dosage adjustment is necessary for patie with renal impairment, hepatic dysfunction or for the elderly.

Distributed by:
Astra Merck
Wayne, PA 19087, USA

Manufactured
Merck & Co.,
West Point, PA 19486, U

February 1997 PRC-40/3/97 PR

NOTE: This summary provides important information about PRILOSEC. If you would li more information, ask your doctor or pharmacist to let you read the professional labeling a then discuss it with them.

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Prostate Debate

continued from page 132

medical intervention. Their tumors may not have spread anyway, with or without treatment, says Dr. Brawley.

He cites findings published earlier this year in the *Journal of the American Medical Association*. Two groups of Swedish patients with early, nonaggressive prostate cancer were followed over 15 years. One group was treated; the other wasn't. The outcome: Absolutely no difference in the death rate.

But Dr. Patrick C. Walsh, chief urologist at Johns Hopkins Hospital and one of the country's most noted authorities, condemns this study. He coauthored the journal's accompanying editorial, which said Swedish men die from prostate cancer at an alarming rate.

Sweden, a country in which screening generally isn't available, has the fourth-highest, age-adjusted death toll in the world. Dr. Walsh argues that many patients with advanced cancer may have been cured if treated earlier.



Dr. Walsh says, however, that the PSA test should be done in conjunction with a digital rectal exam. When used together, the two tests usually find the cancer while it's still confined to the prostate.

"I think every healthy man over age 50 who doesn't want to die of prostate cancer should be tested," says Dr. Walsh. "If they're African-American or have multiple family members with prostate cancer, that age is lowered to between 40 and 50. If they don't care, that's OK. But I think men need to know there's a test out there picking up the disease."

Your options. So if you're a middle-aged man, what should you do? If you're a woman, should you encourage the men in your life to be screened?

Although the average age at the time of diagnosis is 72, prostate cancer does occur in the prime of life. And, when it strikes early, it often moves swiftly. But even a slow-growing tumor can pose problems for a man in his 40s, 50s, or early 60s.

The National Cancer Institute isn't a fan of early screening, saying there's insufficient evidence that it helps reduce deaths. The American Cancer Society says doctors should offer the test to men over age 50 and provide them with information "regarding potential risks and benefits of intervention." Men at high risk for prostate cancer may consider testing in their mid-40s.

Dr. Kantoff doesn't think anyone will have the answer until after the year 2000, when any impact to the mortality rate becomes apparent. Since prostate cancer typically grows slowly, it takes at least a decade to notice a difference in the death toll. Widespread screening has only been available since 1992.

However, Dr. Kantoff believes the data will fall squarely on the side of screening. "I'm laboring under the assumption it will," he says. "Right now, the PSA test is the best thing we have."

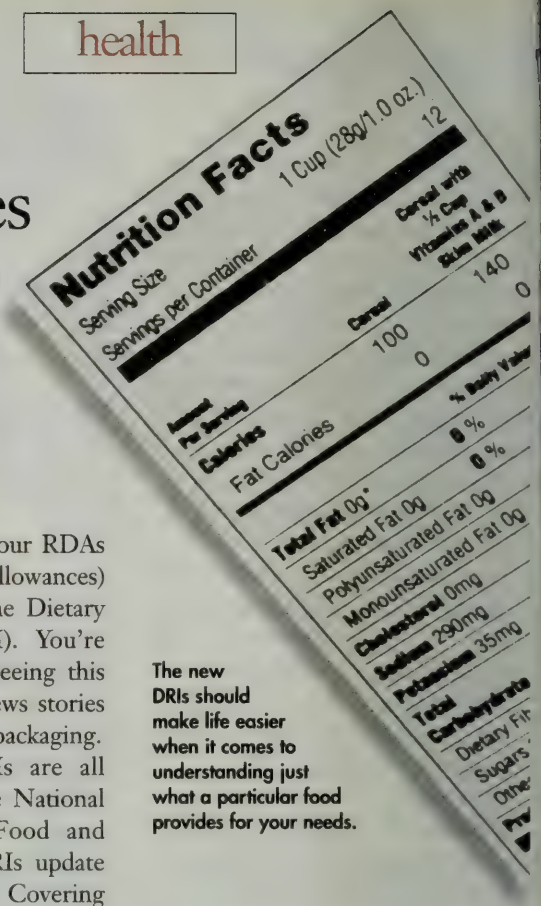
He says only elderly men whose doctors predict will live 10 or more years should consider screening. And, he says, it should be done only if they understand what can happen as a result of taking the test. About 20 percent of men over age 50 who undergo a digital rectal exam and PSA test get an abnormal finding. Often, an ultrasound and biopsy follow. Then, between 2 to 6 percent of these patients are diagnosed with cancer, and must then make difficult decisions.

"It is possible that PSA screening may save lives," says Dr. Kantoff. "But it's also probable it will alter the quality of your life."

Yet, one fact remains. A growing group of men, including Bob Watson, are certain they wouldn't be healthy today if it weren't for the PSA test. ♦

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Nutrition Guidelines Growing



The new DRIs should make life easier when it comes to understanding just what a particular food provides for your needs.

Now that you've got your RDAs (Recommended Dietary Allowances) down pat, along come the Dietary Reference Intakes (DRI). You're probably going to start seeing this term bandied about in news stories or perhaps even on some packaging.

Here's what the DRIs are all about: Established by the National Academy of Sciences' Food and Nutrition Board, the DRIs update and expand on the RDAs. Covering seven nutrient groups, they'll be introduced over the next few years and will provide consumers with a better definition of daily needs.

But don't expect to find nutrition label changes at the grocery store just yet. The Food and Drug Administration says it isn't planning any label changes till research on the final nutrient group is in.

Still, the DRIs are important news for consumers. According to labeling expert Constance Geiger, Ph.D., R.D., "These new recommendations will effect nutrition policy for the whole country, making life easier when it comes to understanding just what a particular food provides for your nutritional needs."

The first guideline set, implemented this fall, covers the nutrients specific to bone health, including calcium, magnesium, phosphorous, fluoride, and vitamin D (which has increased limits for senior citizens). Sandra Schlicker, Ph.D., director of the study, says, "This is a total review of the nutrient groups and their application to individual requirements."

Unlike the current RDAs, the DRIs aim to reduce risks of getting both too little and too much of specific nutrients. For the first time, upper limit guidelines, termed (UL), will appear. Also included are intake levels for two important age groups not found in the RDAs: ages 51 to 70, and 70 and older.

Dr. Geiger says, "Since folks won't see the term 'Dietary Reference Intakes' on the Nutrition Facts label panel, they should look for the '% Daily Value' for calcium. It's based on 1,000 mg/day for healthy adults. The DRIs let you know that if you are younger than 18 or over 50, you'll need 1,200 to 1,300 mg of calcium—120% to 130% of the given Daily Value."

By the year 2001, the Dietary Reference Intakes for the nutrient groups folate and B vitamins; antioxidants and phytochemicals; macronutrients (protein, carbohydrates, and fat); fiber and trace elements (such as iron and zinc); and the electrolytes potassium, sodium, and chloride should be complete.

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THE FIRST NICOTINE-FREE PILL TO HELP PUT YOU IN CONTROL OF QUITTING

A totally new nicotine-free way to help you quit smoking

It's medical, logical, and makes quitting bearable. That's because ZYBAN is a prescription medicine that, for many people, helps reduce withdrawal symptoms and the urge to smoke. ZYBAN helps get you ready to quit while you're still smoking. You set a quit day within 1 to 2 weeks after starting treatment with ZYBAN. It takes about a week for ZYBAN to reach the right levels in your body to be effective. Most people should take ZYBAN for 7 to 12 weeks.

Proven more effective than a nicotine patch

In a medical study using patient support materials and drug therapy, ZYBAN helped more smokers quit for 4 weeks than Habitrol® (nicotine transdermal system),* a nicotine patch. And unlike the patch and gum, ZYBAN replaces cigarettes with nicotine-free medicine.

What you need to know about ZYBAN

The most common side effects with ZYBAN include dry mouth and difficulty sleeping. There are other risks associated with the use of ZYBAN, so it is important to talk to your health care professional to see whether ZYBAN is right for you. There is a risk of seizure in certain patients (see "Important Warning" section in Information for the Patient on following page). You should not take ZYBAN if you have a seizure disorder; are already taking WELLBUTRIN®, WELLBUTRIN SR®, or any other medicines that contain bupropion HCl; have or have had an eating disorder; or are currently taking or have recently taken a monoamine oxidase (MAO) inhibitor. It is important to let your health care professional know about any other prescription or over-the-counter medications you are taking. ZYBAN is not recommended for women who are pregnant or breast-feeding.

ZYBAN and the ZYBAN Advantage Plan™, a free counseling and personalized support program, are part of an overall plan recommended by your health care professional to help you quit smoking.

SEE YOUR HEALTH CARE PROFESSIONAL ABOUT ZYBAN

For more information, call
1-888-959-STOP (7867) ext. 12
or visit our
Web site at www.zyban.com

Please consult Information for the Patient on the following page.

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NEW NICOTINE-FREE

ZYBAN™

bupropion HCl sustained-release tablets 150 mg

Information for the Patient

ZYBAN™ (bupropion hydrochloride) Sustained-Release Tablets

Please read this information before you start taking ZYBAN. Also read this leaflet each time you renew your prescription, in case anything has changed. This information is not intended to take the place of discussions between you and your doctor. You and your doctor should discuss ZYBAN as part of your plan to stop smoking. Your doctor has prescribed ZYBAN for your use only. Do not let anyone else use your ZYBAN.

IMPORTANT WARNING:

There is a chance that approximately 1 out of every 1,000 people taking bupropion hydrochloride, the active ingredient in ZYBAN, will have a seizure. The chance of this happening increases if you:

- have a seizure disorder (for example, epilepsy);
- have or have had an eating disorder (for example, bulimia or anorexia nervosa);
- take more than the recommended amount of ZYBAN; or
- take other medicines with the same active ingredient that is in ZYBAN, such as WELLBUTRIN® (bupropion hydrochloride) Tablets and WELLBUTRIN SR® (bupropion hydrochloride) Sustained-Release Tablets. (Both of these medicines are used to treat depression.)

You can reduce the chance of experiencing a seizure by following your doctor's directions on how to take ZYBAN. You should also discuss with your doctor whether ZYBAN is right for you.

1. What is ZYBAN?

ZYBAN is a prescription medicine to help people quit smoking. Studies have shown that more than one third of people quit smoking for at least 1 month while taking ZYBAN and participating in a patient support program. For many patients, ZYBAN reduces withdrawal symptoms and the urge to smoke. ZYBAN should be used with a patient support program. It is important to participate in the behavioral program, counseling, or other support program your health care professional recommends.

2. Who should not take ZYBAN?

You should not take ZYBAN if you:

- have a seizure disorder (for example, epilepsy).
- are already taking WELLBUTRIN, WELLBUTRIN SR, or any other medicines that contain bupropion hydrochloride.
- have or have had an eating disorder (for example, bulimia or anorexia nervosa).
- are currently taking or have recently taken a monoamine oxidase inhibitor (MAOI).
- are allergic to bupropion.

3. Are there special concerns for women?

ZYBAN is not recommended for women who are pregnant or breast-feeding. Women should notify their doctor if they become pregnant or intend to become pregnant while taking ZYBAN.

4. How should I take ZYBAN?

- You should take ZYBAN as directed by your doctor. The usual recommended dosing is to take one 150-mg tablet in the morning for the first 3 days. On the fourth day, begin taking one 150-mg tablet in the morning and one 150-mg tablet in the early evening. Doses should be taken at least 8 hours apart.
- **Never take an "extra" dose of ZYBAN.** If you forget to take a dose, do not take an extra tablet to "catch up" for the dose you forgot. Wait and take your next tablet at the regular time. Do not take more tablets than your doctor prescribed. This is important so you do not increase your chance of having a seizure.
- It is important to swallow ZYBAN Tablets whole. Do not chew, divide, or crush tablets.

5. How long should I take ZYBAN?

Most people should take ZYBAN for 7 to 12 weeks. Follow your doctor's instructions.

6. When should I stop smoking?

It takes about 1 week for ZYBAN™ (bupropion hydrochloride) Sustained-Release Tablets to reach the right levels in your body to be effective. So, to maximize your chance of quitting, you should not stop smoking until you have been taking ZYBAN for 1 week. You should set a date to stop smoking during the second week you're taking ZYBAN.

7. Can I smoke while taking ZYBAN?

It is not physically dangerous to smoke and use ZYBAN at the same time. However, continuing to smoke after the date you set to stop smoking will seriously reduce your chance of breaking your smoking habit.

8. Can ZYBAN be used at the same time as nicotine patches?

Yes, ZYBAN and nicotine patches can be used at the same time but should only be used together under the supervision of your doctor. Using ZYBAN and nicotine patches together may raise your blood pressure. Your doctor will probably want to check your blood pressure regularly to make sure that it stays within acceptable levels.

DO NOT SMOKE AT ANY TIME if you are using a nicotine patch or any other nicotine product along with ZYBAN. It is possible to get too much nicotine and have serious side effects.

9. What are possible side effects of ZYBAN?

Like all medicines, ZYBAN may cause side effects.

- The most common side effects include dry mouth and difficulty sleeping. These side effects are generally mild and often disappear after a few weeks. If you have difficulty sleeping, avoid taking your medicine too close to bedtime.
- The most common side effects that caused people to stop taking ZYBAN during clinical studies were shakiness and skin rash.
- Contact your doctor or health care professional if you have a rash or other troublesome side effects.
- Use caution before driving a car or operating complex, hazardous machinery until you know if ZYBAN affects your ability to perform these tasks.

10. Can I drink alcohol while I am taking ZYBAN?

It is best to not drink alcohol at all or to drink very little while taking ZYBAN. If you drink a lot of alcohol and suddenly stop, you may increase your chance of having a seizure. Therefore, it is important to discuss your use of alcohol with your doctor before you begin taking ZYBAN.

11. Will ZYBAN affect other medicines I am taking?

ZYBAN may affect other medicines you're taking. It is important not to take medicines that may increase the chance for you to have a seizure. Therefore, you should make sure that your doctor knows about all medicines—prescription or over-the-counter—you are taking or plan to take.

12. Do ZYBAN Tablets have a characteristic odor?

ZYBAN Tablets may have a characteristic odor. If present, this odor is normal.

13. How should I store ZYBAN?

- Store ZYBAN at room temperature, out of direct sunlight.
- Keep ZYBAN in a tightly closed container.
- Keep ZYBAN out of the reach of children.

This summary provides important information about ZYBAN. This summary cannot replace the more detailed information that you need from your doctor. If you have any questions or concerns about either ZYBAN or smoking cessation, talk to your doctor or other health care professional.

GlaxoWellcome

Glaxo Wellcome Inc.
Research Triangle Park, NC 27709

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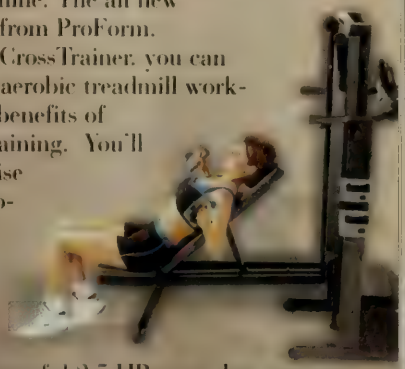
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Breathe Better to Live Better

Deadlines. Dueling obligations. Traffic jams. Learning to breathe right can help fight the stress in your life.

by Michele Meyer

Shifting into overdrive may be an effective way to get everything done, but it can do a real number on your health. As you race, so does your breath, causing your body to shift blood flow from your heart and lungs to the muscles in your legs and arms.

You can reverse this process and relax by a simple act you do all the time without even thinking: Breathing.

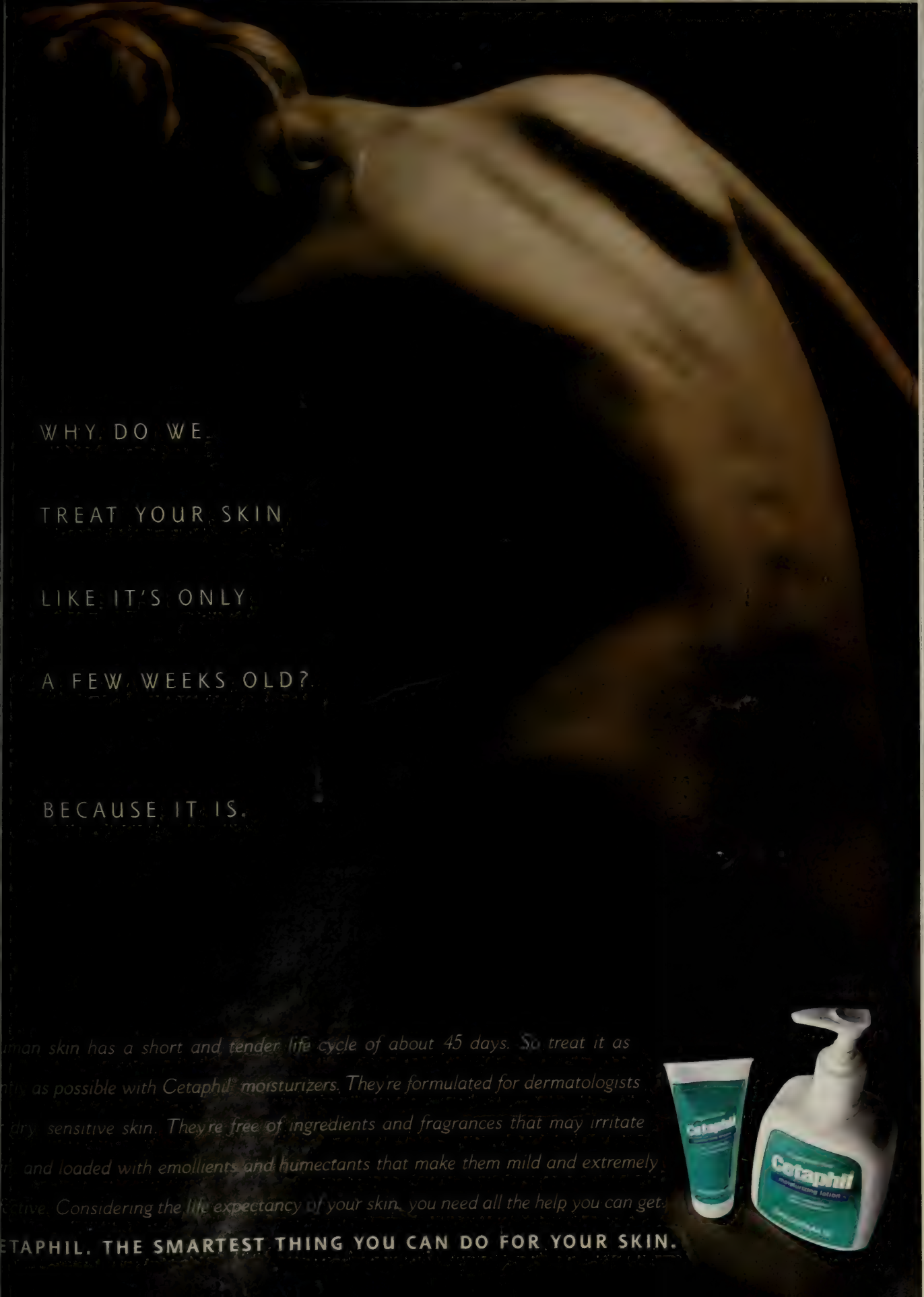
Belly breaths—those deep enough to cause your abdomen, rather than your chest, to rise and fall—fill your lungs with oxygen and affect your heart rate, blood pressure, and anxiety levels. Just taking a few deep belly breaths stops your involuntary response to stress—breathlessness, pounding heart, and sweating—by signaling your nerves to tell your heart, lungs, stomach, and bladder to calm along with your breath.

Think of your lungs as a storage unit with no muscle to move air. That's the job of the diaphragm, the large muscle between your chest and abdomen. Thanks to your hectic schedule—along with the panty hose and too-tight jeans we often wear to rein in our stomachs—the diaphragm doesn't have the room it needs to expand.

"In our society, men are programmed to suck in their stomachs and stick out their chests," says Chris Luth, a tai chi chuan teacher in Solana Beach, California. "If you're a woman, you tend to suck in your stomach and stick out your chest."

As a result, the upper chest—specifically the muscles at your neck and upper back—takes over the chore of breathing. This can lead to the high blood pressure, racing heart, and shallow breath that fuel many of our ills, including headaches, heart disease, and hot flashes, according to Dr. Andrew Weil, director of integrative medicine at University of Arizona College of Medicine

continued on page 144


WHY DO WE
TREAT YOUR SKIN
LIKE IT'S ONLY
A FEW WEEKS OLD?
BECAUSE IT IS.
uman skin has a short and tender life cycle of about 45 days. So treat it as
ntly as possible with Cetaphil moisturizers. They're formulated for dermatologists
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ETAPHIL. THE SMARTEST THING YOU CAN DO FOR YOUR SKIN.
Cetaphil
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Breathe Better

continued from page 142

and author of *Eight Weeks to Optimum Health.*

Here are ways deep breathing can help you feel better:

• Counters stress. Just three deep, full belly breaths can transport you from panic to calmness by allowing extra oxygen into your brain and lower lungs, making you better able to focus.

"I've found that with three to four breaths, my therapy clients will become less fearful," says Gay Hendricks, a psychologist and author of *Conscious Breathing.* "Often, within 10 minutes they've thought of solutions to their problem. It tells me that underneath that fear, there's a creative mind you can tap into."

Athletes similarly use slow breathing to squelch performance anxiety, says John D. Curtis, a health education professor at the University of Wisconsin-Lacrosse. He has used his "present moment technique" to help various professional and collegiate athletes.

"Most of our stress is worrying about the future or the past. This is a great technique to return us to the present," he says. Take a deep breath and hold it for up to five seconds. As you slowly exhale, you'll feel your body unwind.

• Lessens headaches. Because most of us hold in our abdomens when we breathe, we use our shoulder and neck muscles to lift our rib cage and expand the chest, says Jack Sandweiss of the California Medical Clinic for Headaches in Encino, California. Tight neck and shoulder muscles can trigger tension headaches. By learning to breathe diaphragmatically, these muscles stay relaxed.

• Battles high blood pressure. Deep breathing can reduce stress, a major component of heart disease. Just two 10-minute sessions of deep, slow breathing can lower high blood pressure as much as 11 points, as reported last year in the medical research journal *Hypertension.*

"That's as much change as some patients would have with antihypertensive drugs," says Patricia Liehr, an associate nursing professor at the University of Texas and a stress-management consultant. "We find patients have forgotten how to keep breathing. They hold their breath and breathe very shallowly, almost as if breathing is something they squeeze into the day."

The reason deep breaths work is that they lead to much more oxygen intake. The heart doesn't have to work as hard, which means heart rate and blood pressure come down, says Alice Domar, director of the Mind/Body Center for Women's Health in Boston and author of *Healing Mind, Healthy Women.*

• Thwarts menopausal hot flashes. Cutting your breathing rate in half—six to eight breaths instead of 14 to 16 per minute—can reduce the incidence of menopausal hot flashes, according to a 1995 study reported in *Menopause,* the journal of the North American Menopause Society. Neither muscle relaxation nor brain-wave biofeedback were found to work as well.



Take a deep breath and hold it for up to five seconds. As you slowly exhale, you'll feel your body unwind.

"When you feel a flash beginning to hit—during a stressful or warm situation—you want to do slow, deep belly breathing," says study leader Robert R. Freedman, director of behavioral medicine at Wayne State University School of Medicine.

• Enhances your workout. Deep breathing builds endurance. Long, slow exhalations convert performance-crippling lactic acid into carbon dioxide, causing it to be expelled as you exhale, says Dr. Weil.

When you're biking or chugging on the stair climber, try to take full breaths, instead of racing from shallow breath to breath. Also, don't hold your breath as you lift weights and do crunches, Dr. Weil says, because this also builds up lactic acid. Try to exhale on the effort—and you'll notice fewer cramps and easier lifting.

• Keeps you young. If you don't practice deep belly breaths at least twice a day, your lung capacity at 70 will be a third of what it was when you were 20, says Ben Douglas, a retired anatomy professor and author of *AgeLess: Living Younger Longer.*

Just like other muscles, the diaphragm and chest cavity become stiff with age if not used. "If you breathe deeply and don't smoke, you can have the lungs of a 35-year-old at 70," Douglas says.

A BREATHING EXERCISE

The best way to breathe is diaphragmatically, according to Dr. Andrew Weil. Here's how:

For at least five minutes, focus on your breath without trying to manipulate it in any way. Then, with your mouth closed, inhale quietly through your nose to a silent count of four.

Hold the breath for seven seconds. Finally, exhale audibly through your mouth for eight seconds.

Work to make your breathing deeper, slower, more quiet, and regular. Your belly should expand like a balloon as you inhale. As you exhale, allow your diaphragm to deflate, then your rib cage, and then your chest.

Repeat the entire exercise four times, twice daily.

When Thy Nose Runneth Over, Thy Tissue Should Not.



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Season's Eatings to All

Ahh ... the golden turkey with buttery mashed potatoes and gravy.

Ohh ... the vegetables drizzled with cheese sauce.

Mmm ... the pumpkin pie with whipped cream.

Argh ... the calories, cholesterol, and fat.



by Jeanne Ambrose

Contrary to public opinion, the annual foray into season's eatings can bring pleasure without adding pounds. Our favorite yuletide treats can indeed stay on the holiday menu, say nutrition experts. Moderation is the key.

"All foods can fit into a healthy-eating plan. There really are no bad foods, whether it's holiday time or the rest of the year," says Edith Howard Hogan, registered dietitian and spokesperson for the American Dietetic Association (ADA). But before you head for the fridge to forage for that leftover roast duck to nibble while you're sipping a mug of hot buttered rum, heed some advice from the ADA. Here are some of the association's best tips to get you through the holiday season without discarding those good eating habits you've cultivated all year.

Keep an Eye on Your Food Bank

Just as you balance your checkbook, you need to balance your nutritional account. If you know you're going to a dinner or party where extra calories cry out for attention, plan to eat low-fat or fat-free foods the rest of the day or week. The day of the event, eat a light breakfast and lunch. Or, fix yourself a bowl of oatmeal to quell your appetite before a party. One cup of oatmeal cooked with water contains only 2 grams of fat and 146 calories. It just might fill you up enough to prevent you from reaching for a second piece of pumpkin pie with whipped cream, which has 16 grams of fat and 315 calories per slice.

Focus on Flavor

There are plenty of flavors that add flair to your holiday festivities without adding fat and calories. Here are some options:

- Offer gingerbread cookies or sugar cookies instead of pies or cakes for dessert. One 5- or 6-inch gingerbread boy has 157 calories and 6 grams of fat compared to a piece of pecan pie at 541 calories and 30 grams of fat.
- Fix a lighter version of traditional eggnog by combining purchased low-fat eggnog with skim milk. Or, serve hot spiced cider instead of eggnog.
- Substitute refrigerated or frozen cholesterol-free egg products and low-fat turkey sausage when you're fixing a holiday breakfast that calls for eggs and sausage.
- Satisfy cravings for rich food by searching out more healthful recipes such as low-fat cheesecake with reduced-fat cream cheese and refrigerated or frozen egg product. (Watch for petite Cheesecake Treasures in the December 1997 issue of *Better Homes and Gardens*® magazine.)
- Bake or poach whole pears till tender and drizzle with a little chocolate-flavored syrup (most syrups are fat free). Serve warm for an elegant dessert.

continued on page 148

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Season's Eatings to All

continued from page 146

• Go ahead and splurge occasionally on whipped cream, but use a teaspoon of whipped cream to top off each dessert instead of a tablespoon. One teaspoon of whipped cream contains 9 calories; a tablespoon has 27.

• Stir a bit of your favorite liqueur into low-fat or nonfat whipped topping and float it on a steaming mug of coffee. Serve it with a gingersnap cookie for a simple finale to a cozy winter dinner.

Create a Help-Yourself Shelf

Encourage healthful snacking, even when decadent temptations abound, with some of these simple ideas.

Instead of discouraging your family from gobbling up the goodies you've prepared in advance for a special gathering, encourage them to grab a healthy snack. Set aside a help-yourself shelf in the refrigerator entirely for grazing. Keep the shelf stocked with fresh fruit, low-fat yogurt, reduced-fat cheeses, and raw veggies. You can even keep pretzels, gingersnaps, and individual boxes of cereal in the fridge so they're handy for nibbling.

Or, display some healthful, edible decor, such as a big bowl of shiny red apples and gorgeous golden pears, throughout the living areas of your home. Encourage your family and holiday visitors to sample the edible art.



Go ahead and splurge. An occasional indulgence isn't all bad. You don't always have to be good for goodness' sake.

Take a Hike

After a holiday dinner that leaves you with a tranquil smile on your face, push yourself away from the table, put the food away, and convince your family and friends to take a stroll around the neighborhood. A brisk 15-minute walk in the invigorating fresh air will perk you up and burn about 85 calories (almost the amount in a dinner roll).

Bear in mind that an occasional indulgence isn't all bad. Sometimes it's nice to be naughty. Just don't make a habit of it.



Magnificent Mashed Potatoes

Help yourself to potatoes, says Dr. John McDougall, medical director of a nutrition program at St. Helena Health Center in California. They'll help fill you up so you won't eat so much of those rich, fatty foods on the holiday buffet table. McDougall, whose program emphasizes a low-fat, complex carbohydrate-based diet, takes his mashed potatoes without added fat—sans sour cream, butter, or cheese. Instead, there are plenty of flavor secrets to enhance the simple spuds.

• Toss a few cloves of peeled garlic into the water when you are boiling your potatoes. Drain the potatoes, reserving the water. Then mash the garlic cloves along with the potatoes, adding enough of the reserved potato water to make them light and fluffy. To enrich the flavor and boost the calcium, mix about 2 tablespoons instant dry milk powder with each ½ cup of potato water before adding it to the potatoes. Each tablespoon of instant dry milk powder contains 60 mg calcium and no fat.

• Mash the potatoes along with broccoli, rutabaga, or carrots that have been cooked until tender. They'll add a different flavor and some color.

• Replace milk or cream with evaporated skim milk or reduced-sodium chicken broth when you mash the potatoes.

• Use nonfat dairy sour cream in place of regular sour cream for a creamy texture and a pleasant tang. For each pound (3 medium potatoes) of peeled, cooked, and mashed potatoes, beat in 2 to 4 tablespoons nonfat dairy sour cream and enough cooking liquid (2 to 4 tablespoons) to make potatoes light and fluffy. Stir in snipped chives or finely chopped green onion for added flavor.

• Add a generous dash of your favorite herb. If you're using fresh snipped herbs, stir them into the mashed potatoes so the delicate flavor won't cook away.

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reader shopping

Windowsill Herbs

Here's our collection of fresh herb plants for cold weather cooking. Order now for an early start on next summer's herb garden or to give as living Christmas gifts for the creative cooks in your family. *Please order early; the number of collections is strictly limited and we will ship on a first-come, first-served basis.*

Our **Windowsill Herb Collection** is from Papa Geno's Herb Garden and includes all five of the herbs shown in our feature story on *pages 169 to 174.* Each plant was carefully propagated last summer, has well-developed roots, and is shipped to you in a 2½×4-inch pot. Easy to understand cultural instructions are included with each collection. The price is $39.95 per collection, which includes shipping by Priority Mail, handling, and applicable sales tax. Rush shipping by Federal Express is available at an additional charge. All shipments will be made from about November 1, 1997, to December 15, 1997. *Sorry, we are unable to ship these herbs to Alaska, Hawaii, Canada, Puerto Rico, or Mexico.*

Your collection will include one live plant of each of the following herbs: ***Italian Oregano,*** the perfect pizza herb, is a large plant that can grow up to 24 inches tall and 12 inches in diameter during the first season. It is a perennial that's hardy to Zone 5. ***Chives***, a familiar indoor herb, is winter hardy through Zone 4. ***Chocolate Mint*** is a special treat that smells just like a chocolate peppermint patty. When added to hot coffee, you have dessert in a cup! It is winter hardy through Zone 4. ***Girardus Rosemary*** produces approximately twice as much rosemary leaf per plant as other varieties. It is a large, robust plant that can grow to 12 inches tall during the first season. North of Zone 8, it is a tender perennial. ***Orange Balsam Thyme,*** a tidy, upright plant with small- to medium-size green leaves and golden-orange stems, can be used anywhere standard thyme is called for. It adds a citrusy overlay to the basic thyme fragrance and flavor. It is winter hardy to Zone 5.

TO ORDER with your Mastercard, Visa, or American Express card, call toll free 800/881-4066. To order by mail, send a check or money order for $39.95 to: *Better Homes and Gardens®* Reader Shopping Service, Department 9711, Box 9128, Des Moines, IA 50306-9128.

The cranberry sauce is homemade.

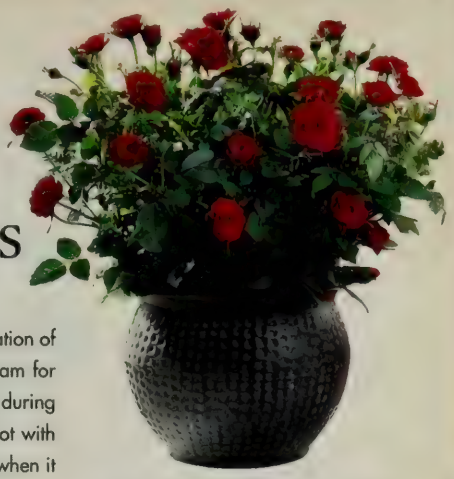
The pumpkin pie is your grandmother's.

The tablecloth is an heirloom.

So why would you make an everyday, boxed

Miracles for Homeless Families





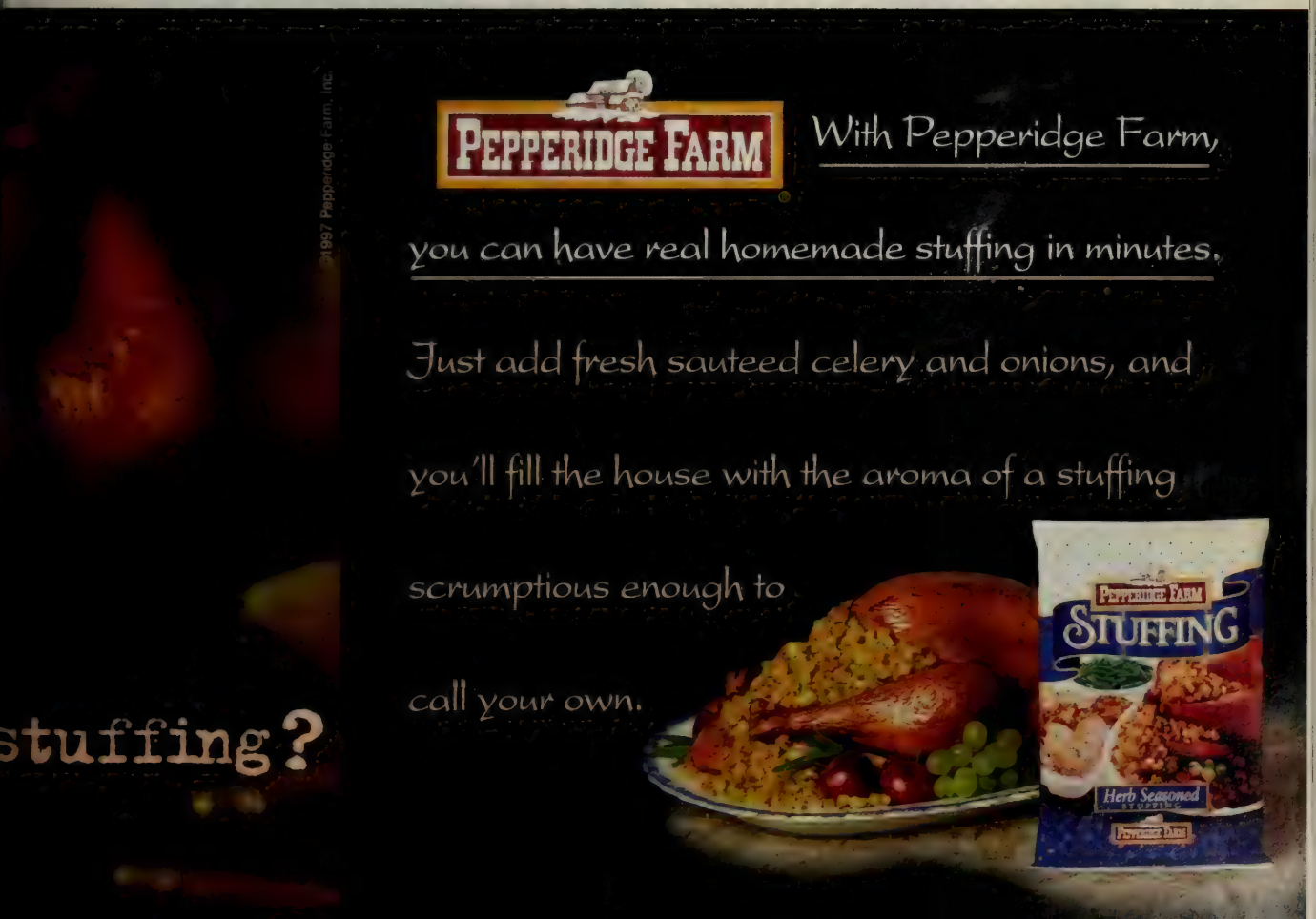
For every Miracle Rose you buy from this selection, a donation of $5 goes to The Better Homes® Fund to benefit Kidstart, a program for homeless preschoolers. These children need support, especially during the holidays. Your rose, either red or white, comes in a 6-inch pot with your choice of a basket or cachepot. The plant will be blooming when it arrives, and flowers will remain open for up to three weeks indoors. Later, the roses can be planted outdoors. The roses arrive with instructions and a card explaining the significance of this gift.



Call Harry and David at 800/227-3313 for Holiday Miracle Rose in Ceramic Cachepot (red No. 8036H), $35.95 plus delivery, or Holiday Miracle Rose in New Basket (red No. 8855H), $24.95 plus delivery. (Both shown at left).

Call Jackson & Perkins at 800/325-5345 for Miracle Rose in Basket (white No. S47T or red No. S48T), $24.95 plus delivery, or Miracle Rose in Cachepot (white No. 3300T or red No. 3036T), $35.95 plus delivery. (Both shown at right).





gardener's almanac

NOVEMBER 1997

by Craig Summers Black and Mark Kane

EDITOR'S CHOICE

Hearts and flowers.

The Forest Pansy redbud retains all the admirable traits of its more common brethren, but with the addition of red-to-purple leaves. They emerge looking like glossy lollipops in spring and slowly darken, adding mottled green as the season progresses. Its flowers are more a true pink than the regular redbud, making it easier to pair in the garden. We like to plant one Forest Pansy with a group of dogwoods.



The redbud's heart-shaped leaves take on swirling purple striations in the Forest Pansy.



Buying information, page 72

LOOKING GOOD

Weaving, Climbing, Rambling, Sprawling

Like kids who refuse to let two menu items touch on the dinner plate, many gardeners are too fussy when it comes to landscaping. Let the plantings intertwine, we say. *BH&G*® Test Gardener Andy Rocchia draped these low-growing roses on an embankment in West Linn, Oregon, embracing the lamb's ears, sedums, and bergenia beneath of canopy of vine maples. Even better: This colorful medley is in the *front* yard.

continued on page 155

Time Marches On...

Tick, Tock, Tick, Tock, *Sniff*, Tock, Tick, Tock, Tick,
Tick, *Sniff*, Tick, Tock, Tick, Tock, Tick, Tock, Tick,
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Tock, Tick, Tock, Tick, Tock, Tick, Tock, Tick, Tock,
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Tock, *Sniff*, Tock, Tick, Tock, Tick, Tock, Tick, Tock,
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continued from page 152

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Color, Composition, and Kudos

It's take-your-breath-away time here again in Gardener's Almanac. These combo close-ups show how the interplay between plants can advance your design. Your landscape isn't just a collection of plants on display; it's a cohesive unit, a study in the beauty of relationships.





1. ICE-BLUE HUES: The cool gray fernlike leaves of dusty miller and the blue discs of a blue honeywort go shoulder to shoulder before the white-tinged leaves of a variegated mock orange. Honeywort (*Cerinthe major Purpurascens*) is a tender perennial.

2. REEDS AND REDS: This classy maiden grass (*Miscanthus sinensis gracillimus*) always adds something to a vista. Its leaves point to the rust-red blooms of Autumn Joy sedum. That's *Ajania* (formerly *Chrysanthemum*) *Pacifica* poking its variegated head up front.

3. ROSE BUDDIES: Delphinium in back and rodgersia up front showcase the roses Perdita and Mary Rose.



TEST GARDEN TIP



SPRINKLE, SPRINKLE: Now is usually a good time to repair bare patches in the lawn. Clear out dead grass, score the soil with a rake, sprinkle some seed by hand, and lightly cover with clean straw or a smattering of potting soil. Then water, water, and water again.

(BOTTOM RIGHT): MIKE MORELAND; REGIONAL CONTRIBUTOR: RUTH KETER

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Plate shown smaller than actual size of 8" (20.32 cm) in diameter.

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"The Waters of Life" is the very first collector plate from acclaimed fantasy artist David Penfound, whose works are prized for their ability to capture the ancient folklore and legendary rituals of Native Americans. In the tradition of the most prized collectibles, this heirloom collector plate is crafted of *Royal Doulton Fine Bone China* and lavished with breathtaking color. It is hand-numbered and bordered in *24 karat gold*. Each plate bears the artist's signature mark on its reverse side. This Limited Edition will be *closed forever* after just 45 fleeting days.

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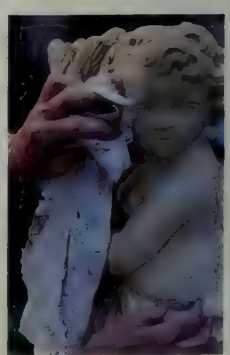




paint *me a* garden

by Craig Summers Black and Mark Kane

Pots get prettier if you slather on a couple coats of paint. A little latex and your garden cherub can look like ancient marble statuary. Daub an urn or wall plaque with a rag—instant verdigris. Or, create your own fantasy finish. All it takes is mastering a few basic techniques and some simple experimentation.



continued on page 160

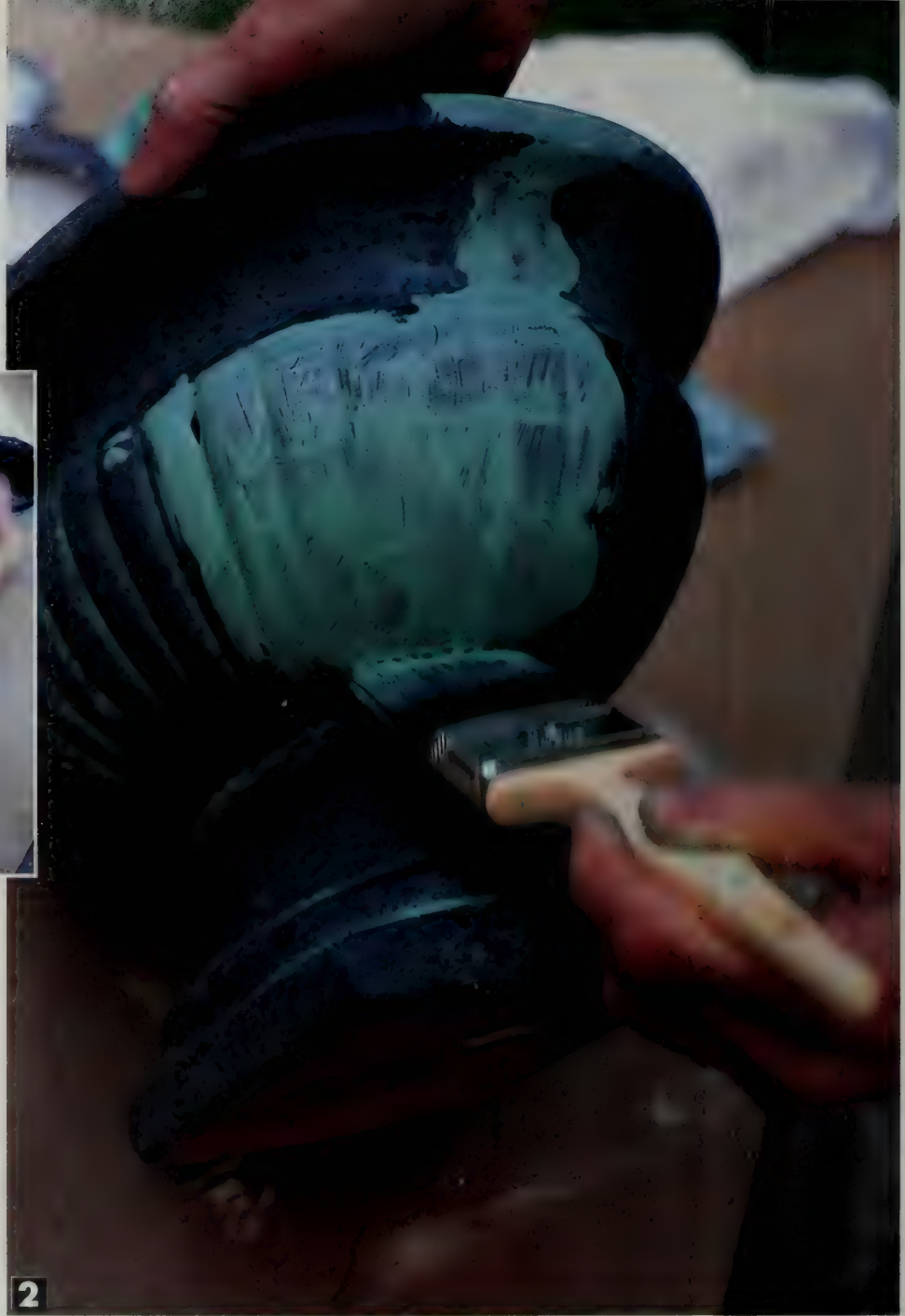

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Paint Me a Garden

continued from page 158



▲ The technique is simple. And while it works on a flat surface, it looks better on pieces with cracks and crevices and details. You can do a trial run on the bottom of the pot so any mistakes won't show. Begin by painting a base coat with one color of latex paint. We used flat-black here because we wanted to give this terra-cotta pot the look of a bronze urn with a verdigris finish.



▲ After the base coat has dried, prepare the top coat. Mix a latex glazing liquid with a second color of latex paint at a ratio of about one part glazing liquid to four parts paint. Then apply this top coat. We used a gaudy aqua here. Paint only a baseball-card-sized area at a time (latex paint dries fast). Leave irregular edges, then "blend" them.

▶ Right after applying a section of top coat, wad up a rag and blot and dab the paint gently. Soften the edges first, then go over the middle, moving and removing the top coat until you achieve a look you like. When it's all dry, seal with three coats of clear spray sealer.

continued on page 162



Very Verdigris













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Paint Me a Garden

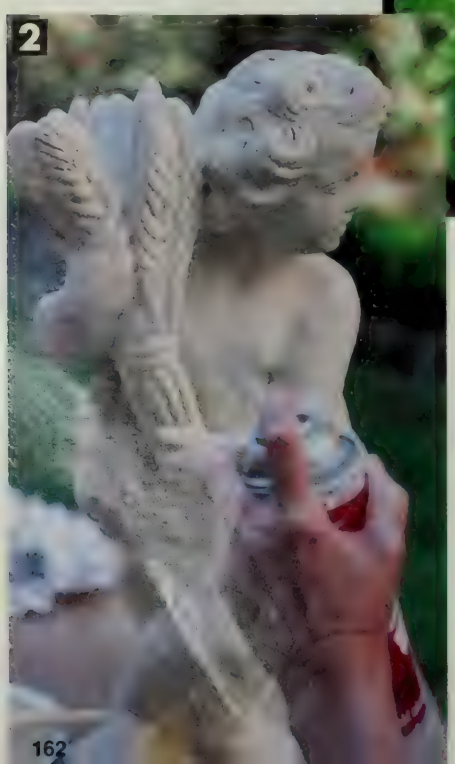
continued from page 160



▲ Lynn McBride of Charleston, South Carolina, is a big fan of this process. Here she transforms a gray concrete cherub into creamy weathered marble. She starts by painting the statue with an off-white latex and then lets it dry outside. It took only about an hour to dry on this sunny Southern day.



Marble Magic



◀ A minor problem: The rough concrete proved to be very porous so Lynn sealed the base coat with clear sealer. This allowed her to manipulate the top coat better. You can also improvise on the top coat: If it looks too thick, add some water. If it seems too thin, add more paint. If the top coat soaks in so quickly that you can't smear it around, add more glazing liquid. Or, as Lynn did, prep with sealer.



◀ Lynn used a caramel-colored top coat and then patted around with her rag. Not quite content, she took a cloth and dabbed on some of the off-white base coat in patches, blending as she went. To complete the faux marble look, she used a semigloss sealer.

continued on page 164



The Legendary Architect Mies van der Rohe Said, "God Is In The Details."

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Paint Me a Garden

continued from page 162

Instant Age

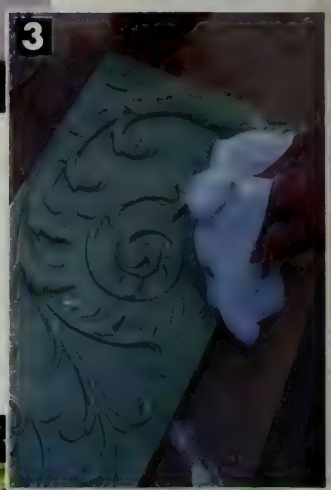
▼ This plaque begins its garden journey as a ground marble composite in white. We think: aged gray-green. So on goes the base coat, a creamy off-white flat latex paint.





▲ For the top coat, we came up with a gray-green mix. Lynn painted this on one-third of the panel at a time, dabbing and blotting as she went. While she used an old T-shirt for this texturing, you can experiment with natural sponges, plastic wrap, even crumpled paper. Lynn did some major experimenting on the flip side of this plaque before finally coming up with this approach.

▼ As in gardening, painting garden features is a subjective matter. You pick whatever color for the base or top coats, mixing and matching if you like. And it is finished (this is the best part) when you say it is finished. Lynn did a little more artful scrubbing on this plaque and then deemed it ready for three coats of clear, flat sealer. Then, off to the garden it goes.





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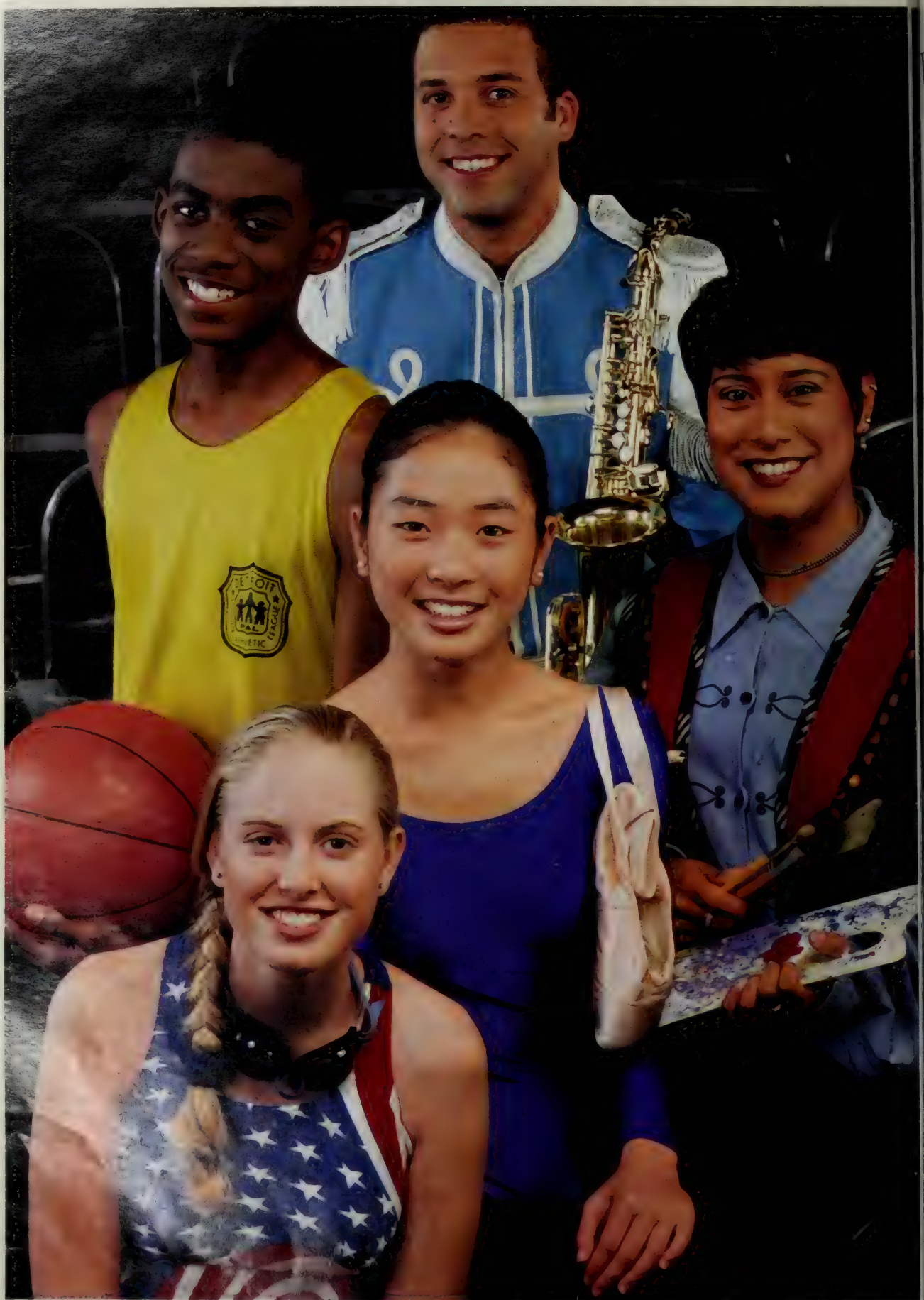
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ONEIDA

Shown: Torsade.

by Craig Summers Black

a winter home for Herbs

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PHOTOGRAPHS (EXCEPT WHERE NOTED): BRYAN E. MCKAY



a winter home for Herbs



Place your herb containers by the sunniest window you can. Put the die-hard sun lovers in the center and the less demanding off to the sides. Of the five herbs we recommend for indoor culture, oregano requires the most light.

create a sun space

Even if you don't have an herb garden outdoors, you can start from scratch indoors despite the fact that icy weather is starting to threaten.

It's not too late to buy. In many areas of the country, prices are being slashed on the last lonely herbs in garden centers. If your local nurseries are already shuttered for the season, you can make a quick call to mail-order nurseries and have them ship you a selection. Do make sure they are astute enough not to send your new garden out the door just as a sudden spell of particularly nasty weather strikes.

We suggest you go with these five herbs: oregano, chives, mint, rosemary, and thyme. Most cooks use them on a regular basis, and they will actually make it through the winter in your indoor garden. If you're lucky, you can even harden them off and plant them outdoors come spring.

A caution about selecting your herbs: Just because you like to cook with a particular ingredient doesn't mean you can grow that plant indoors. As much as you may love basil, for instance, this herb turns into a sorry specimen after a few weeks cooped up inside.



Italian oregano: Use for sauces, especially Italian cuisine.



Chives: Use in salads and sauces or with vegetables.



Chocolate mint: Use in teas, soups, and salads.



Girardus rosemary: Use with meat, especially lamb.



Orange balsam thyme: Use with fish and poultry.

a winter home for Herbs

digging perfect pots

You will need to pot up some smallish-sized herb plants because the containers need to fit on a windowsill. Four-inch pots work nicely.

Remember to use pots with drainage holes so your herbs don't rot. And that means the pots need to rest in saucers, which—if you are eyeing the width of your sill right now—will be a little wider than the pots. So you need at least a 5-inch windowsill. We like terra-cotta pots, but they do dry out quickly in winter's heated indoor "weather," and the saucers leak. Use a plastic liner or rubber pad.



1

1

To pot up your new herbs, lay down only a very few pebbles or packing "peanuts" over the drain hole. In such small pots, the herbs need all the root room they can get. Then fill the bottom one-third or so of the pot with potting soil. Use the plastic nursery container (with the plant still in it) to check the soil level.



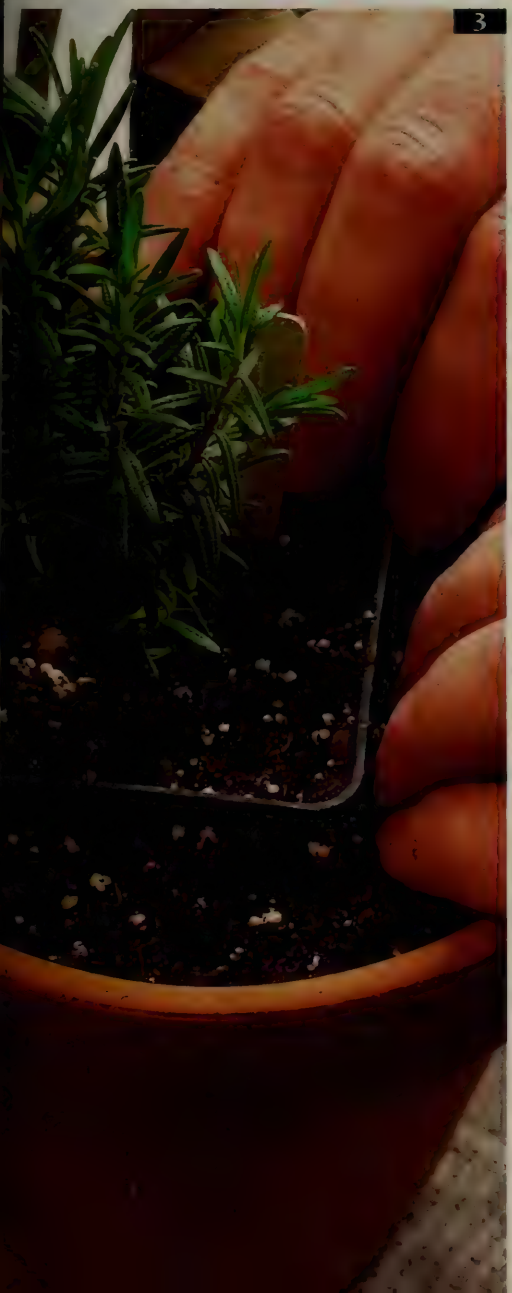
2

2

At this point you can just pull the herb out of its original nursery container and place it on the soil. But here's a neat trick: Put the herb—while it is still in its nursery container—in your windowsill pot and fill with potting soil. You read that right: You now have a pot within a pot. It gets less confusing.

3

Press down the soil between the rims of the two pots with a thick dowel or your fingertips. Add more soil as needed. Do not press down the soil in the plastic nursery container. Still with us?


3

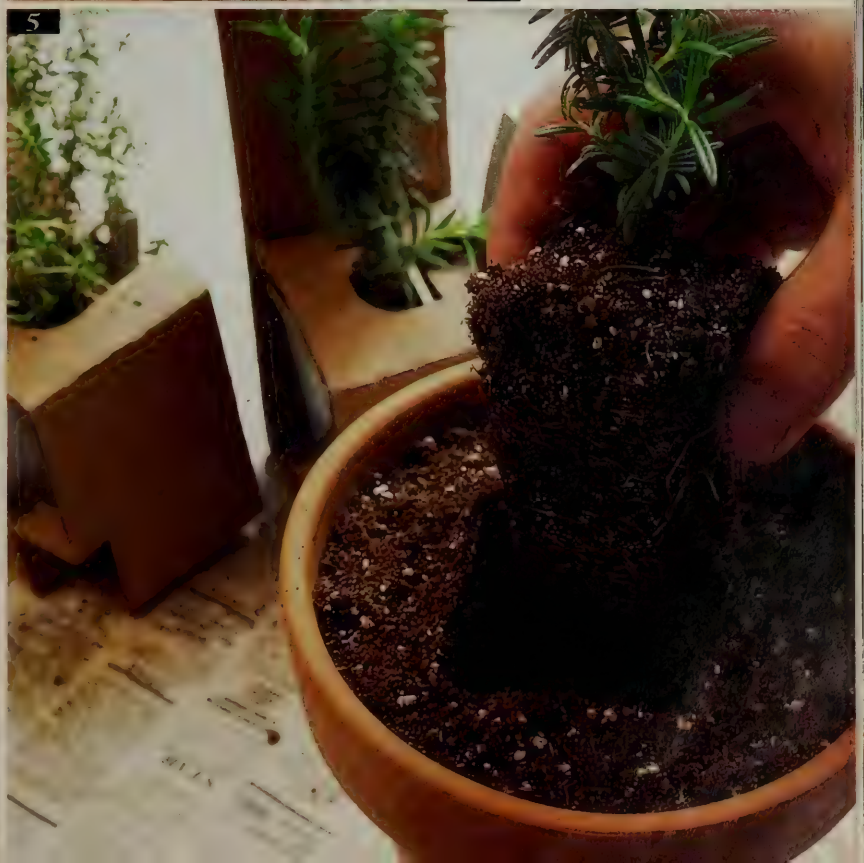

4

4

Now carefully remove the nursery container (and plant) from your windowsill pot. There will remain a perfectly formed hole in the center of the terra-cotta pot. I think you already know what's coming.

5

Right. You take the herb out of the plastic nursery container and place it in the dark void at the center of your terra-cotta pot. It fits! Now water the soil and get growing.


5







PHOTOGRAPHS MARK KANE

1. To transfer suitably sized outdoor herbs to your windowsill pot, look for new growth. Some herbs can be divided. Others, such as this golden thyme (*above*), can be separated from the mother plant by inserting a trowel sharply just behind the newly formed roots of an advancing stem.

2. Put the plant and root ball in a plastic bag to transport it back to your kitchen sink or potting table.

3. Pot it up, water thoroughly, and sharpen your scissors.

a winter home for Herbs

replant the outside inside

Another way to start a winter herb garden indoors is to move plants from your garden into your kitchen.

You won't want to uproot whole plants, because by this time of year they are far too large for just about any windowsill. And buying pots for huge herbs would offset any savings you might make by growing gargantuan greens indoors. What you want to save are pieces of the plant—runners or divisions. Herbs like chives and mint divide easily. Others require a bit more work.

However, since the plants at this point are basically freebies, you don't need to concern yourself as much with what will make it through the dry-heat season indoors. If they die, they die, and you've had fresh herbs out of season for free for however long it takes those ill-fated herbs to sputter out.

Do not consider any such windowsill sputtering as a gardening failure. Consider it scientific experimentation and financial pioneering. Maybe you *do* want to try growing that basil indoors after all.

To order an herb collection, see page 150
Buying information, page 72



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WHERE TO GET IT.

by Joseph Boehm, Catherine Kramer, and Sharon Overton





Two sides of cottage

"Cottage has a charmingly sweet sound, and is perhaps more suggestive of comfortable thoughts than any other word in our language, but that of home." —*William H. Ranlett, The Architect (1851)*

There is no one definition of "cottage," no single architectural style. A cottage could be a 19th-century Victorian farmhouse or a 1990s suburban bungalow. But whatever its style or setting, a cottage is a place where many of us feel most at home. That's why so many cottages have graced our pages over 75 years. Though different in attitude, these two homes share a sense of comfort, charm, and carefree living. Together, they help define what cottage is today.

mission statement

Sometimes a place speaks to you, even without a stick of furniture. That was the case with the modest Tudor-style cottage David Johnson purchased a year ago. Warm, welcoming, and neat as a pin, the house conveyed the loving care it obviously had been given over the past 70 years.

"Two steps inside and it was clear that, for the price, it was a great house," David says. Despite plain vanilla walls, outdated wallpaper, and carpet that hid beautiful oak floors, David could see in the airy, sunlit rooms a place where he and his two children would feel at home. "It was a matter of peeling back the layers to let the house come out," he says.

But where to start? A newly single dad, David was setting up housekeeping by himself for the first time. His furniture consisted of a few good Mission-style antiques and a lot of make-do. While such a blank slate can be intimidating, David also saw it as an opportunity to explore and define his own sense of style.

What emerged is a home that blends classic Arts and Crafts styling with the kick-back comfort that's often missing in the original pieces. It's "cottage" minus the frills, a clean-lined look that's perfect for today's less cluttered lifestyles.

Buying information, page 72



The original living room had an up-against-the-wall, waiting room quality (*inset below*). Placing furniture on an angle softens the severity of the space. A sofa slipcovered in neutral khaki cotton also increases the room's comfort factor. A larger area rug grounds the grouping.




RICHARD
DIEBENKORN



The old fireplace (*above*) was barely gutsy enough to hold its own. A redesigned hearth (*left*) is now the heart of the crisply tailored living room. Unsure what was under existing wallboard, David tiled over the facade—a less expensive and invasive option than demolition.



The sofa's washable cotton slipcover (*right*) can stand up to almost any abuse the family dishes out. The khaki-colored upholstery also is great at hiding stains from the inevitable dropped pieces of popcorn.



Though they spend about half their time with their dad, Matt, 16, and Jessica, 11, had a say in how the house was decorated. "I wanted them to be involved in the process of making this their home, and they were," David says. For instance, the kids were adamant the old carpet had to go. Easy-to-clean wood floors are much more kid-friendly, as are the living room's new neutral-colored upholstery fabrics and sturdy Mission-inspired furniture. The result? A space they all can enjoy.

mission statement

Just a few new pieces give the dining room greater flexibility to meet the family's needs. With meals often eaten on the run, the antique oak dining table was used more often for homework and bill paying than for sit-down dinners. Freestanding bookcases and a slim library desk were brought in to take over both tasks: The bookshelves are handy for stashing reference materials and mail as well as large serving pieces; the desk doubles as a work station and sideboard. As the family's needs change, the pieces can be reassigned to a home office or bedroom.

Reproduction slat-back chairs (*right*) are more in keeping with the home's clean-lined architecture than the Victorian spindle-backs (*below*). The darker finish also gives the new chairs a weightier presence and contrasts with the buff-colored walls. Painting the chair rail crisp white accentuates this architectural feature, creating a strong horizontal line to balance the furniture's vertical slats. Framed art and a collection of vases replace the lonely, too-small painting (*below*).





A reproduction bowl-shaped chandelier, a style typical of 1920s Craftsman bungalows, replaced the previous slender fixture, which was out of proportion with the room's weightier furnishings.





Adding a home office unit and sheer curtains turned a previously unused bedroom nook (*above*) into a private study where David can work undisturbed (*top*) or the kids can log some quiet computer time.

The old master bedroom (*inset right*) was "just a plain box," says David. His plan of attack was simple. The first step was to neutralize the palette by stripping the outdated floral wallpaper and painting the walls with just a hint of green. Next, he added comfort and character with a brass-and-iron bed and a sturdy, Mission-style armchair. With its slender rails, the bed easily could have been overwhelmed by the chair's chunkier proportions. However, black iron gives the bed substance and helps to visually balance the pair. White bed linens are a crisp contrast to the more muted colors of the area rug.



mission statement

A series of black-and-white photographs of the South Dakota Badlands circa 1900 (*left*) share a similar frontier spirit with the sturdy, Mission-style furnishings. David's ties to the area go back several generations.



mission statement



Decorating isn't just about making pretty rooms; it's about creating places that are fun to be in and that let you express yourself. For Jessica, a crisp, blue-and-white palette suits her "fairly sophisticated taste." Matt, who wants to be an architect, favors simple, streamlined designs.

After overcoming his initial decorating anxiety, David has gone from "liking the house to loving it. It's still a work in progress," he insists. "But it's much more a place to come home to." ⌂



Jessica has a quiet spot for music practice, but pull out the trundle bed and she's ready for sleepovers.



Striped bedding and a slatted cherry bed (*above*) give Matt's boxy bedroom more structure.

Simple frames and striking blue mats give prominence to a series of drawings by Matt (*right*).



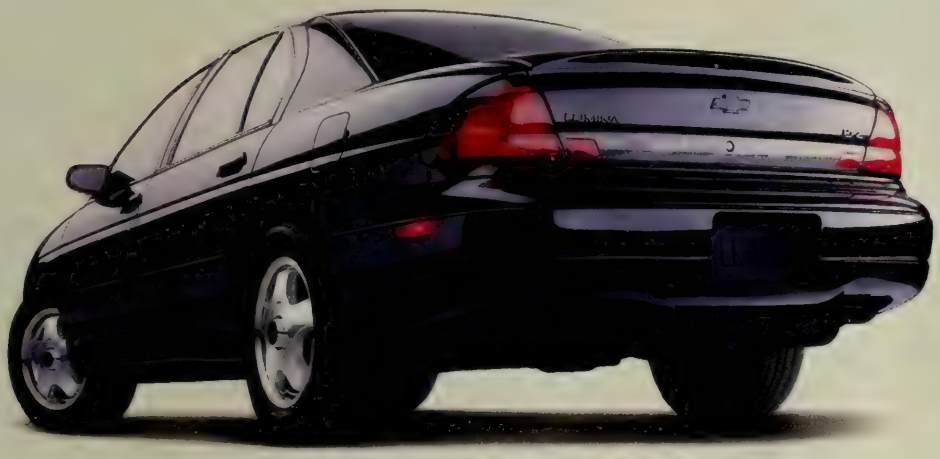








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two sides of cottage

grandma chic





Grandma might have called it "worn out," but collectors crave the aged patina of old farmhouse relics like the wheelbarrow (*above*), used here as a coffee table.

In children's stories, grandmother's house was "over the river and through the woods," a cozy cottage full of quaint clutter, hooked rugs, and lace doilies. Today's granny is as likely to live in a small-town split-level or big-city condo. But that doesn't mean these new spaces can't have cottage-style charm. In this suburban dwelling—decorated by the editors of *Better Homes and Gardens*® magazine—bright colors, sun-filled rooms, and fresh fabrics give a nod to nostalgia, yet are anything but doddering. Welcome to the 1990s, Grandma.

continued on page 190



Simple accessories with strong, graphic qualities—a hand-made ladder, an old wheelbarrow—give the living room its clean, uncluttered look. For greater impact, group items with similar shapes or colors, like the ironstone pitchers on the mantel.

grandma chic







To personalize a dining chair, stencil a simple floral wreath design on plain cotton seat covers. For a stencil diagram and instructions, see *page 198.*

The living room's cool green palette is reminiscent of homemade pistachio ice cream or 1930s kitchen appliances. But the colors are fresh from today's fashion pages. Shades range from mint walls and moss-green ribbons on an area rug to shutter-green stripes on the sofa. Liberal doses of creamy white weave the tones together and give the eye a neutral zone in which to rest.

Familiar furniture shapes in colorful fabrics and relaxed wood finishes also keep the open spaces warm and inviting. In the dining room (*above*), buttermilk-colored paint gives Empire-influenced chairs their fresh-off-the-farm appeal. The chairs' graceful curves are balanced by a honey-toned dining table that sits on chunky balustrade legs.

Timeworn furnishings, such as a mercury glass mirror, beadboard cabinet, and ironstone pitchers (*left*), add instant character and "age."

continued on page 192

grandma chic

Grandma may have cloaked her windows in heavy draperies to keep the sun from fading fine furniture, but today's laid-back interiors call for letting in the light. Casual canvas Roman shades (*below*) and white-painted matchstick blinds (*right*) filter the sun without completely blocking it. To prevent fading, choose light-colored upholstery fabrics and furnishings, or look for fabrics that have been treated with an ultraviolet inhibitor.

Wicker furniture arranged in loose, conversational groupings also enhances the sunroom's light-and-airy look (*right*). For fun, throw in a colorful painted piece, such as the buttercup yellow rocker. A pine bench used as a coffee table adds the warmth and contrast of wood. Sisal rugs (these are sisal look-alikes made of wool) are a summerhouse secret: Neutral in color and nubby in texture, they lighten a room and can be rolled up when the season changes.

continued on page 194



The stripes in the breakfast nook were done by masking off sections of wall, rolling on two colors of green paint, then stamping fruit shapes on the lines. To order fruit stamps, see *page 198*.





Let your accessories change with the season as well. Simple wood frames (*above*) hold double layers of glass between which you can sandwich photographs, postcards, even pressed flowers. Or, use green leaves for a summery look, as we've done, and change to dried foliage in the fall.



The master bedroom's citrus-inspired palette is a guaranteed eye-opener. To keep such a high-energy color scheme from becoming frenzied, stick to softer shades on the room's large surfaces and save the jolts of color for accents. Here, pale lemon chiffon and key lime cover the ceiling and walls; bed linens in brighter lemon and lime turn up the juice a notch. A lattice border enhances the Florida-room feel. For the stencil pattern and complete instructions, see *page 198.*



grandma chic



Small rooms can be the curse of cottage-style homes, even brand-new houses in the suburbs. Instead of cramming them with a lot of small furniture, let a few stand-alone pieces give a small room stature.

In the guest bedroom (*left*), a cherry poster bed consumes most of the space without making the room feel claustrophobic. Leaving the canopy bare except for twin panels at the headboard is a way to lighten the look. A narrow bench tucked in at the foot of the bed holds guest towels or other necessities.

In the office (*below*), built-in bookshelves and a desk are slightly recessed into the wall, leaving plenty of room for a comfortable love seat and wing chair. And even in these close quarters, schoolhouse globes, old maps, and a cartography print fabric encourage daydreams about wide open spaces.

Buying information, page 102

Color determines whether a room feels expansive or enveloping. The pale peach walls in the bedroom (*above*) appear to recede from view, helping to visually enlarge the small space. Because light colors also are more reflective, they amplify the sunlight in the room and increase its "energy level."



In the office (*right*), vivid blue walls seem to advance toward the eye, creating a feeling of enclosure. Dark colors can be particularly effective in small spaces, such as a home office or library, since they tend to be soothing and more conducive to study.

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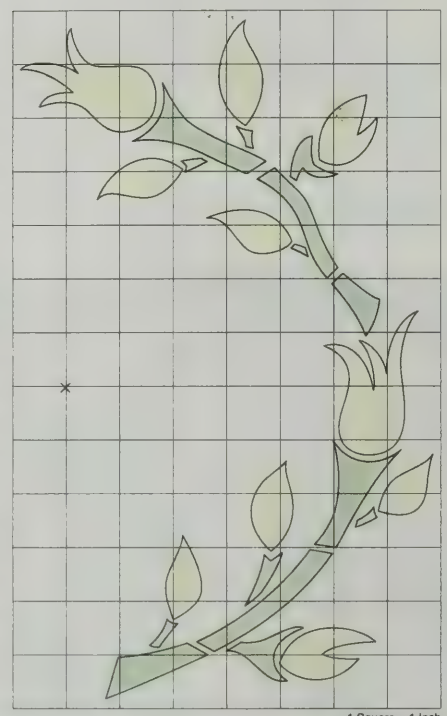
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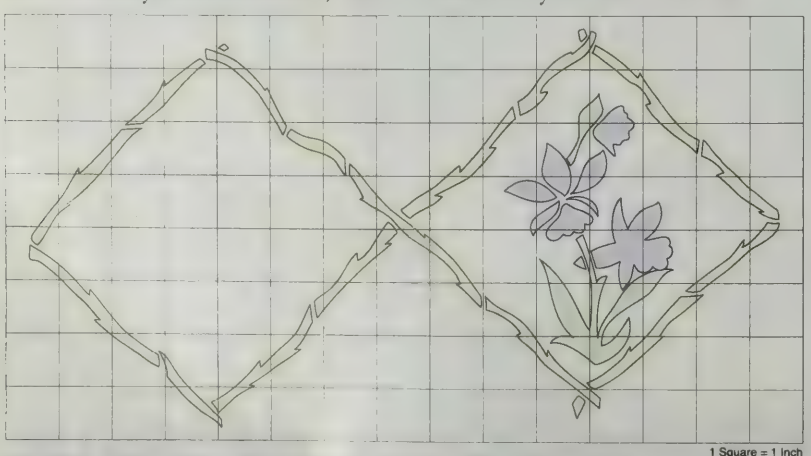
Grandma Chic

Floral Wreath Design, page 191
Using a photocopier, enlarge the pattern (*right*) to scale (approximately 400 percent) or to fit your chair seat. Trace the complete design onto two pieces of stencil plastic using a fine-tipped permanent marker. Tape one stencil to a piece of glass and cut out the leaves and stems using a crafts knife. Cut the flowers from the other piece. Center leaf and stem stencil on the right side of chair seat; tape edges. Stencil pattern using fabric stencil paint and a round stencil brush. Rotate stencil one half turn to form left side of design. Tape and stencil. When dry, repeat process with flower overlay, using a second paint color.



The flower stencil (*above*) forms half of the seat cover design on *page 191*. Cut two stencils: one for the leaves and stems, and one for the flowers.

Lattice Border Design, page 194
The lattice and floral design for the stencil (*below*) was inspired by the room's fabric. Create your own design to match your room's decor, or adapt ours. Using a photocopier, enlarge the pattern approximately 400 percent to scale. Next, make a separate stencil for each of the design's three colors. Place transparent stencil plastic on top of the design, tape to secure, then trace the entire pattern using a fine-tipped permanent marker; repeat with two other sheets. Tape one stencil to a piece of glass and cut out the lattice sections only using a crafts knife. Cut the leaves and stems from a second stencil and the flowers from the third. Position the lattice stencil on the wall, starting and ending in an inconspicuous corner. Work around the room, moving the stencil and retaping each time. Then go back and fill in with the stems and leaves in your second color, then the flowers in your third color.



The lattice pattern (*above*) alternates empty and flower-filled diamonds. Move the pattern around the room to make the stenciled border shown on *page 194*.

reader shopping

Kitchen Fruit Stamping Kit



If you like the fruity stripes shown in "Grandma's" kitchen on *page 192*, you can order our easy-to-use **Kitchen Fruits Stamping Kit.** Each kit contains five individual foam stamps—almost life size—for lemons, grapes, pears, cherries, and an apple. You'll also receive paint applicator sponges and paint in the five colors we used (crocus yellow, alpine green, tomato spice, eggplant, and ivory). General instructions for using the stamps and paints are also included. The price of the kit is $49.95, which includes shipping, handling, and applicable sales tax.

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by Steve Cooper and Joseph Boehm

Designed *for the* Vista



The game of golf helped drive the design of this award-winning house, which backs onto a residential course. It's an easy chip shot away from the fairway, and the best seats in the house are those along the gallery of windows dominating the rear exterior. The home's eyes-to-the-rear layout is perfect for capturing golf action or any panoramic vista looking out on landscapes, cityscapes, or seascapes. The award came in a contest for architects, sponsored in part by *Better Homes and Gardens*® magazine.



This design stood out from a field of entrants because it offers a floor plan well suited to today's casual lifestyles.

INTERIOR DESIGNER: STEPHEN PHILLIPS

Designed *for the* Vista

Golf is a game played amid woods and greenery, so it should be no surprise that nature has its way in this home. It is sided with long-lasting plywood and seems to stand upon limestone outcroppings. The design takes wing with a towering roofline and lofty ceilings upheld by stone and engineered wood. Inside, rooms flow into one another like connected meadows,





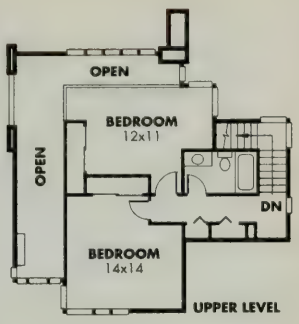
Cultured stone (*above*) surprised the mason who built the columns because the material was so lightweight and easy to install. A gas fireplace sets the living room's atmosphere with the flip of a switch.

Finished engineered-wood beams (*right*) were left open to view, adding beauty, as well as structural support, to the living room ceiling. Plank floors are prefinished laminated oak, chosen for low maintenance.

with a color palette taking inspiration from the outdoor world.

This 2,446-square-foot house is best suited to a couple or small family that enjoys a breezy indoor-outdoor lifestyle and prefers an open plan (*right*) that will accommodate informal banter across the public rooms. When guests are over, they can freely meander from the front kitchen to the deck out back.





To order plans, see page 208



There's a temptation to pack all the cabinets possible into a room, says kitchen designer Doug Austin. Don't give in. He kept this kitchen (*below*) fresh by putting variety in wall cabinets. Display shelving is given prime territory, heights vary, and some wall space remains open.

Banquette seating has been making a comeback because it makes a handy breakfast nook. The tabletop (*right*) is made with solid-surface material, as were the kitchen's countertops. Solid surfacing was chosen because its beauty will withstand the harsh tests of everyday use.



Designed *for the* Vista





abinets are the main ingredient when you need to stir flavor into your kitchen. Here, center-cut maple was used. This heart-of-the-tree cut is laden with character as unexpected color variations surface, unlike most maple, which has such subtle graining that the patterns hardly show.

Stir into this maple mix the sophistication of solid-surface countertops, the texture of tile flooring, and the gleaming smoky glass faces of state-of-the-art appliances. It's a delicious look.

While the kitchen entrée seems complete, we wanted one more feature: A way to isolate the dining room from the kitchen for formal occasions. Who wants guests peering at dirty dishes? As a barrier, a motor-operated tambour door (shown closed *above* and open on *page 203*) was built into an island dividing the two rooms. With the door closed, the dining area becomes a secluded perch.

Designed for the Vista



Cathedral ceilings in the master bedroom create an ambience of luxury and allow the view to stretch up high. This height also promotes the clarity of concert-hall sound from an audio system featuring ceiling speakers mounted throughout the house.

he favored location for master bedroom suites has shifted in recent years to the first floor and away from upper stories for demographic reasons. "Older bones hate stairs," says the home's builder, Ron Galla. The arrangement of this house is just what the market demands with its homeowner's suite on the first floor, separated from public spaces by a short hallway. The suite feels isolated, private, and peaceful—even though nearby rooms may stay alive long into the night.

To add to the serenity in the suite, the common wall between the family entertainment room and the master bathroom was filled with sound-deadening insulation. Quiet reigns. Homeowners can draw back the curtains here to enjoy their view of the golf course and woods, or they can step through a fully-glazed door and onto a stamped-concrete patio to take in some fresh air. (To read more about the home's sound insulation, lighting design, and specialty concrete work, turn to *page 210*.)



Here's a bath bubbling with style (*above*). A jetted whirlpool tub floats in the midst of this inviting scene, surrounded by cool ceramic tile and maple cabinetry. A fenced garden outside the window adds a touch of tranquillity along with privacy.



The family room (*left*) was smartly located between the kitchen and the master suite. It's only a few steps to the refrigerator for a snack or off to bed when the late, late show is finally over.

Designed *for the* Vista

With its Southern pine back deck (*below*) beckoning those inside to come outside and bask in the sun, this easy-living home was the winning entry in the Design for Tomorrow architectural contest, sponsored by the APA—The Engineered Wood Association, as well as *Better Homes and Gardens*® and *Builder* magazines. The architectural designer was Ed Desario of E.W. Desario and Associates of Alturas, California. The home was built by Ron Galla Construction of Port Orchard, Washington.



PROJECT CONTRIBUTORS:

Code Plus Program—APA, The Engineered Wood Association. **APA trademarked MDO Overlaid Plywood Siding**—Simpson Timber Co. **Roof:** Cedar Shake and Shingle Bureau. **Decking lumber:** Southern Pine Council. **Cabinetry:** Crystal Cabinet Works, Inc. **Windows:** Hurd Millwork Co. Inc. **Furniture:** Thomasville Furniture Industries. **Fabrics:** Waverly. **Solid-surface countertops:** Corian. **Appliances:** Amana. **Tile:** Daltile Corp. **Plumbing supplies:** Eljer Plumbingware. **Entry door:** Benchmark Door Systems. **Lighting:** Cooper Lighting. **Paint:** ICI Paint Stores. **Stone:** Stone Products Corp. **Fireplace:** Selkirk Metalbestos. **Wood flooring:** Hartco Flooring Co. **Floor-silencing system:** Shadwell Co., Inc. **Interior doors:** CraftMaster. **Garage doors:** Clopay Building Products Co. **Tambour door:** Living Doors, Inc. **Dining area hanging lamp:** Progress Lighting. **Sound-deadening insulation:** Owens Corning. **Outdoor furniture:** Barlow Tyrie Inc. **Skylights:** Velux-America Inc. **Banquette table base:** American Base Co. **Decorative concrete driveway, walkways, patio:** Increte Systems, Inc. **Engineered beams:** Georgia-Pacific Corp. **Entertainment system design:** Applied Technology. **Security system:** Island Security Systems Inc. **Landscaping:** Nature's Design Landscaping. **Irrigation system:** Weather-matic Lawn Sprinkler Systems

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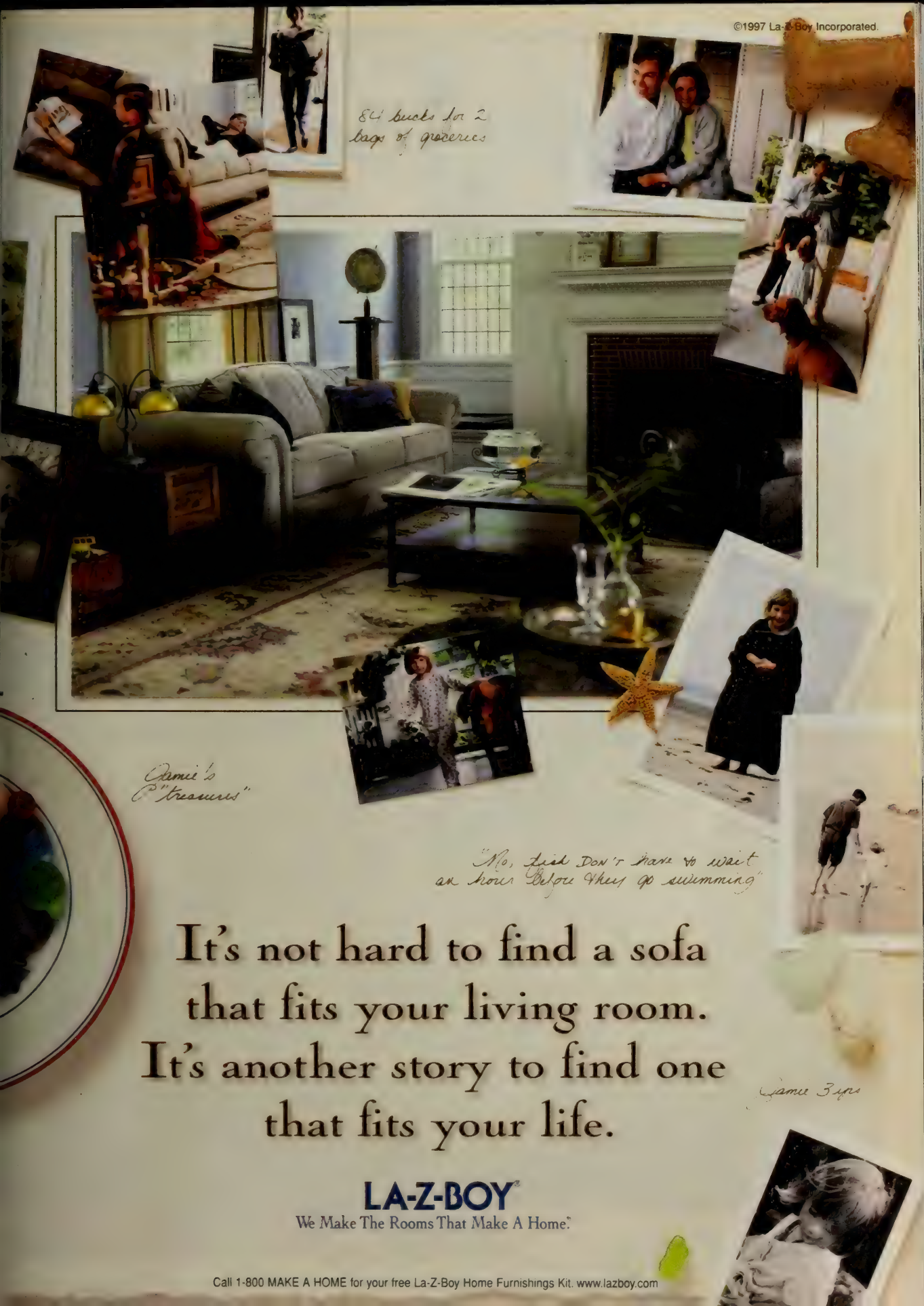
Plan Prices

Study Plan—$35. Individual Plan—$225. Contractor's Pack (5)—$300. Home Builder's Pack (8)—$380. Additional Sets, Each—$50.

TO ORDER: Call *Better Homes and Gardens*® Reader Shopping Service at 800/881-4066 to order with your Visa, American Express, or Mastercard. Specify Study Plan or choice of blueprint pack.

Buying information, page 102

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Home Features That Pamper



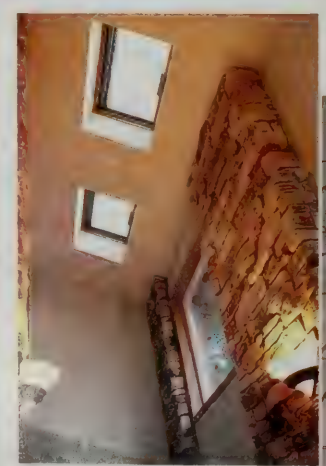
by Steve Cooper

The best new features for home don't just meet our needs—they exceed them. We are pampered, coddled, and subtly served by systems and products that combine luxury and practicality. Here are some elements shown in the "Designed for the Vista" house (see *pages 201–208*) that will help create a show-house environment for any home.



The light bar (*above*) gracefully floating over the kitchen illuminates lighting possibilities. Setting up a lighting scheme isn't a job for amateurs. A professional lighting designer knows how to create electric ambience.

Treated concrete (*below*) has been stamped with a stone design and colored. This material is a smart alternative for patios, walkways, and driveways, where weathered stone would be too costly a choice.



Because this bathroom (*above*) shares a wall with a family-room entertainment center, a barrier against noise was needed. Sound-deadening acoustic batting in the walls does the trick. Floors were quieted, too, with a sound-dampening system.

These skylights (*right*) bring in sun and fresh air. But what happens if it rains and the units are open? Sensors signal the skylights to close automatically. Motorized blinds help regulate light, too.





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Featured: Honey Oak

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PHOTOGRAPHS: AMERICAN POLYSTEEL FORMS. DESIGN AND CONSTRUCTION: GLEN STOLTZFUS

Cast in Concrete

You'd never know by looking, but more and more new homes are being built with concrete.

by Steven Mumford

Outside and in, this home draws its architectural inspiration from colonial Virginia, but the ties to times gone by end when you peek beneath the brick cladding. Instead of a traditional wood frame, this house is built with an advanced concrete wall system. (We used the same system for our "Small Wonders" house, August 1997.) To form the walls, interlocking polystyrene blocks reinforced with expanded steel were stacked on top of one another. The hollow, white blocks were then filled with concrete to create solid, 10-inch-thick walls (*inset*).



Many homeowners are taking comfort in concrete despite its higher cost. This building method yields energy-efficient and comfortable homes with an unlimited number of design possibilities.

Hefty walls provide excellent thermal insulation, and according to a study by Boston University's Pieter VanderWerf, concrete homes require 32 to 44 percent less energy for heating and cooling than wood-framed houses. The walls also create a thermal mass that reduces temperature variances from room to room. Along with keeping out the cold (or heat), insulated concrete homes lock out another intruder: sound. Even if you live on a busy street, you can find quiet behind concrete walls.

Buying information, page 107

WHERE IT ALL BEGAN

Building houses with insulating concrete forms (ICFs) first gained popularity in the early 1990s. Lumber prices went through the roof, and home builders went on a search for an alternative building material. They found concrete. Since then, the price of lumber has leveled off (never actually surpassing the cost of building with concrete), but a number of builders stuck with ICF technology partly because of consumer demand and partly because of the relatively stable cost. Today, building with ICFs costs 2 to 5 percent more than building with wood—a difference of $2,800 to $7,000 for the average $140,000 home. This year, about 14,000 new homes will be built with ICFs.

from Tuscany to... TORREÓN™

INTRODUCING
the new Torreón™ collection from Broyhill. Inspired by the sun-drenched beaches of San Tropez, the rugged Tuscan mountains of Italy and the classic Latin architecture of Torreón. Rustic designs carefully crafted from pine solids and pine veneers. From Tuscany to Tampa, Torreón by Broyhill turns dreamers into doers.



With a style as fresh as it is timeless, the Poster Bed, $1125**, adds drama to any bedroom. The Door Chest, $1000, easily stores bulky items and features a knock-out back panel to house electronics. Night Stand, $375. (Inset) Door Triple Dresser, $1000; Landscape Mirror, $375.

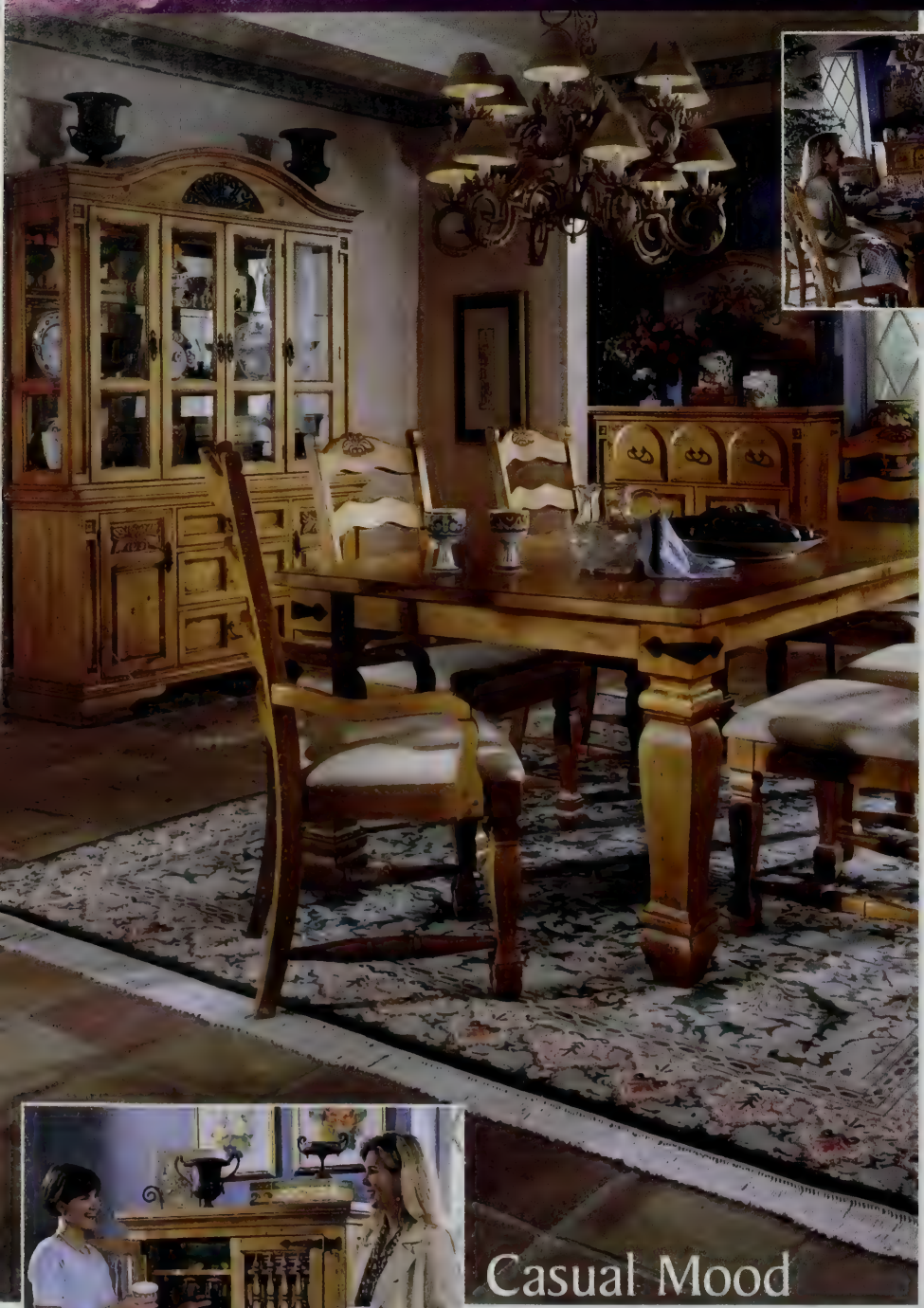
**Queen bed shown. California King and King also available. Matching rails also available.

Broyhill®

Inspired by Tuscan designs from the European Coast . . .



Today's living room (right) – attractive for guests, comfortable for Saturday afternoon lounging. Sofa, $799-$899*; Loveseat, $749-$849*; Chair, $599-$649*; Rectangular Cocktail Table, $350; Commode End Table, $340. Center Entertainment Unit, $1365, stores a large-screen television while hiding electronics and pesky cords. Store books and display collectibles in the Open Unit, $440; Door Unit, $575; and Corner Unit, $325.







Casual Mood
Rustic Style

Torreón expresses the rustic romanticism of another time. The 68" Leg Table, $1000, is the perfect size for the Millars and Graves. If more guests arrive, the table extends to 104" with two additional leaves. Curio ends on the China, $2125, are perfect for viewing Marsha's treasured pottery collection. Matching Arm Chair, $345, and Side Chair, $280. Add old world charm to your dining room or any other room with the Cellarette, $1250, (shown at left) or the Server, $750 (above).



Introducing TORREÓN™

Terry and Marsha Millar like nothing better than unwinding after a frantic work week and enjoying a casual dinner with their close friends, the Graves. Torreón allows the Millars to express their individuality with a rugged elegance that fits a casual or more formal mood. Marsha appreciates the Torreón details – intricate carvings, black metal hardware; Terry likes the value and assurance of the Broyhill name. And they both appreciate the storage and functionality of each piece. So, whether in a villa in Tuscany or a condo in Tampa, Torreón brings Coastal European elegance to your home.



Durable, practical, fashionable – leather adds beauty to any room. Nailhead trim and sculpted feet give this traditional leather Sofa, $2099-$2199* and Loveseat, $1999-$2099* an exotic twist. The tapestry Chair, $699-$749*, completes the look. Marsha chose the Entertainment Armoire, $1740, to house their large-screen television. Intricate hand-carvings accent the Square Cocktail Table, $375; Square Lamp Table, $340; and Sofa Table, $465.

*Upholstery pieces available in other fabrics. Prices vary with fabric and style.

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Your refuge from the work-a-day world, the Torreón Panel Bed, $665**, with its old world black metal fretwork, expresses your individuality. The his-and-her Vertical Mirrors, each $170, ease morning "get-readies". Drawer Dresser, $750; Night Stand, $375; Magna Chest, $1250 (shown at left).

**Queen bed shown. Available in Full, California King and King. Matching rails also available.

Smart Buys fro
Broyh

THE BROYHILL DIFFERENCE®



Our wood frames are strengthened by screw and glue blocks as well as double and triple dowel joints that will endure years of everyday use.



High resilience (HR) foam, recognized as the highest quality cushioning material available, means your Broyhill sofa cushions will keep their shape and comfort.



For added strength, Broyhill incorporates dovetail joints on Torreón bedroom and dining room drawers. Also, positive-stop guides mean drawers will slide easily but not tilt or fall when fully extended



Look in the left drawer under the se cushion and make sure it Broyhill

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(1-800-327-6944) Call Broyhill Consumer Assistance Center
8:30am-5:00pm EST
Broyhill Furniture Industries, Inc. Lenoir, NC 28633

Manufacturer's suggested "Smart Buys" prices effective through January 31, 1998. Prices may vary at individual retailers. All items may not be available at all locations. Furniture items may be specially ordered.

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* Denotes Broyhill Showcase Gallery

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When you choose a gift from this selection, part of the purchase price will be donated to The Better Homes® Fund, a nonprofit charity dedicated to helping homeless families. The Fund sponsors programs assisting families and children as they get back on their feet.

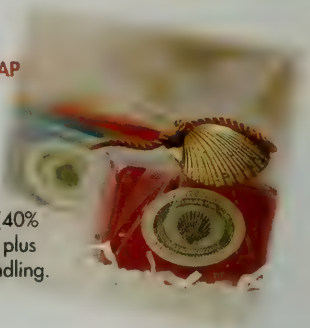


BROWNIES! From International Brownie, this gift package includes six brownies, gourmet coffees and teas, plus a stoneware mug, all packaged in a keepsake wooden crate. $34.50 (10% helps homeless families) plus $4.95 shipping and handling. Six assorted brownies only are $19.50 plus $4.95 shipping and handling. Sugar-free brownies are $2 extra. Call 800/230-1588.

1997 COLLECTOR'S ORNAMENT
Second in the Victorian Seaside Cottage series, this year's 24-karat-gold-plated ornament is $19.95 (65% helps homeless families) plus $2.95 shipping and handling. Call 800/962-4676 for *item N97OR.*



CAPE COD WORKS SOAP
These soap gift bundles are prepared by Cape Cod Works, a company that creates jobs for the homeless of Cape Cod, Massachusetts. $12.95 (40% helps homeless families) plus $2.95 shipping and handling. Call 800/962-4676 for *item N97SO.*



HOLIDAY HEART LOCKET
This hand-engraved, 14-karat-gold-filled heart locket from JC Penney comes on an 18-inch gold-filled rope chain. It opens to hold two pictures in removable, snap-out picture frames, complete with gift box. $50 (14% helps homeless families) plus $4.95 shipping and handling. Available in JC Penney stores as *item 058-4475* or call 800/222-2343 for *item 1585942.*





HEARTS FOR THE HOLIDAY
This chest, from the Lane Company, features an original heart-and-flowers design atop a pine box measuring 9×4¾×3½ inches. $25.95 (33% helps homeless families) plus $4.00 shipping and handling. Call 800/841-5147 for *item N97CHT.*



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To learn more about The Better Homes Fund or to make a donation to help homeless families, please call **800/962-4676.**



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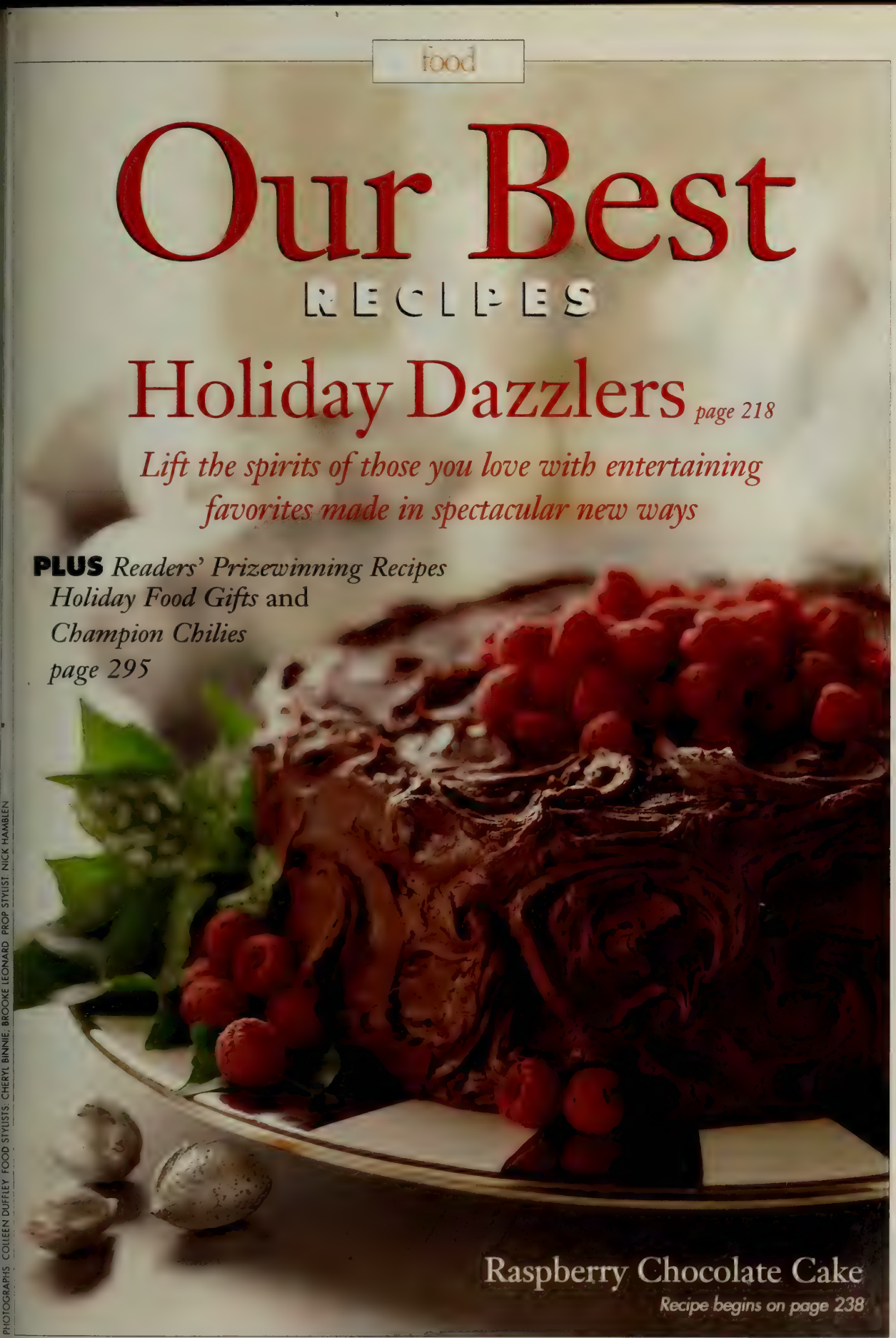
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Our Best RECIPES

Holiday Dazzlers page 218

Lift the spirits of those you love with entertaining favorites made in spectacular new ways

PLUS *Readers' Prizewinning Recipes*
Holiday Food Gifts and
Champion Chilies
page 295



Raspberry Chocolate Cake
Recipe begins on page 238

PHOTOGRAPHS: COLLEEN DUFFLEY. FOOD STYLISTS: CHERYL BINNIE, BROOKE LEONARD. PROP STYLIST: NICK HAMBLEN





holiday *dazzlers*

by Richard Swearinger

Don't think of it as showing off. When you create something striking for the holidays, you satisfy the yearnings of friends and family for dazzling meals to match the season.

Glacier Punch: Fruit and flowers frozen into a sheet of ice bring an elegant look to a party favorite that features an intriguing mix of flavors—raspberry, orange, and a hint of cherry. Just one sip makes a compelling case for pulling out the punch bowl, whether you prepare the all-ages version of this drink or the one for grown-ups only.

Recipe begins on page 240

holiday

dazzlers

One of the touchstones of hospitality is a small gesture—such as an appetizer that crunches merrily or a pickle that starts off a meal with a puckery poke in the taste buds.



Smoked Trout Appetizers

An easy way to get your party off to a bright beginning is with this mix of smoked trout, honey mustard, and sour cream piled high onto crackly puff pastry and topped with herbs and caviar (*left*).



Pickled Onions: The relish tray—filled with a beguiling array of fresh and pickled vegetables—was once a staple of party tables. These onions (*above left*) pickled with juniper berries and peppercorns make a good argument for a revival.

Pickled Carambola: It's not easy to find a food that's naturally shaped like a holiday symbol, but the carambola, also called a star fruit, adds a refreshing tropical taste to a relish selection (*above center*).

Marinated Zucchini: The flavors are borrowed from bread-and-butter pickles, but zucchini gives this predinner stalwart a tantalizing freshness (*above right*).

Recipes begin on page 240


holiday
dazzlers

Crown Roast: Some foods need little help to look fabulous, such as this pork roast (*left*) stuffed with herbs, apples, and fennel. Before bringing your *pièce de résistance* to the table, tuck sprigs of fresh rosemary and a few edible flowers, such as sage flowers or citrus blossoms, into the string that holds the roast together.

Mosaic Potatoes: This twist on potatoes (*right*) shows how a little extra work—in this case, a few minutes cutting "windows" for the herbs to show through—can bring out the splendor hidden in even the homeliest kitchen standby.





Truffle Oil Salad: A touch of affordable luxury, this salad (*left*) adds an extra flavor dimension with a choice of cheese croutons, cups made with Havarti and cream cheese, or herbed cheese rounds.

Recipes begin on page 242



Nut-Crusted Turkey:

Transform a plain boneless turkey breast into the focal point of a holiday feast (*above*) with a crunchy topping of a mix of nuts, spices, and orange marmalade.



Carrot-Spinach Terrine:

Treated properly, even vegetables (*right*) get glamorous after a trip through the blender. Their taste gets a makeover, too, with the addition of cheese and nutmeg.

Recipes begin on page 250

holiday *dazzlers*



Wild-Rice-Stuffed Squash: A side dish takes center stage when it's as cleverly presented as this squash. Filled with nuts, dried fruit, and wild rice, the squash is then baked and nested in a small twig wreath, which can be purchased at a crafts store.

holiday

dazzlers

Leave them with something to reminisce about: desserts that bring your meal to an astonishing end.



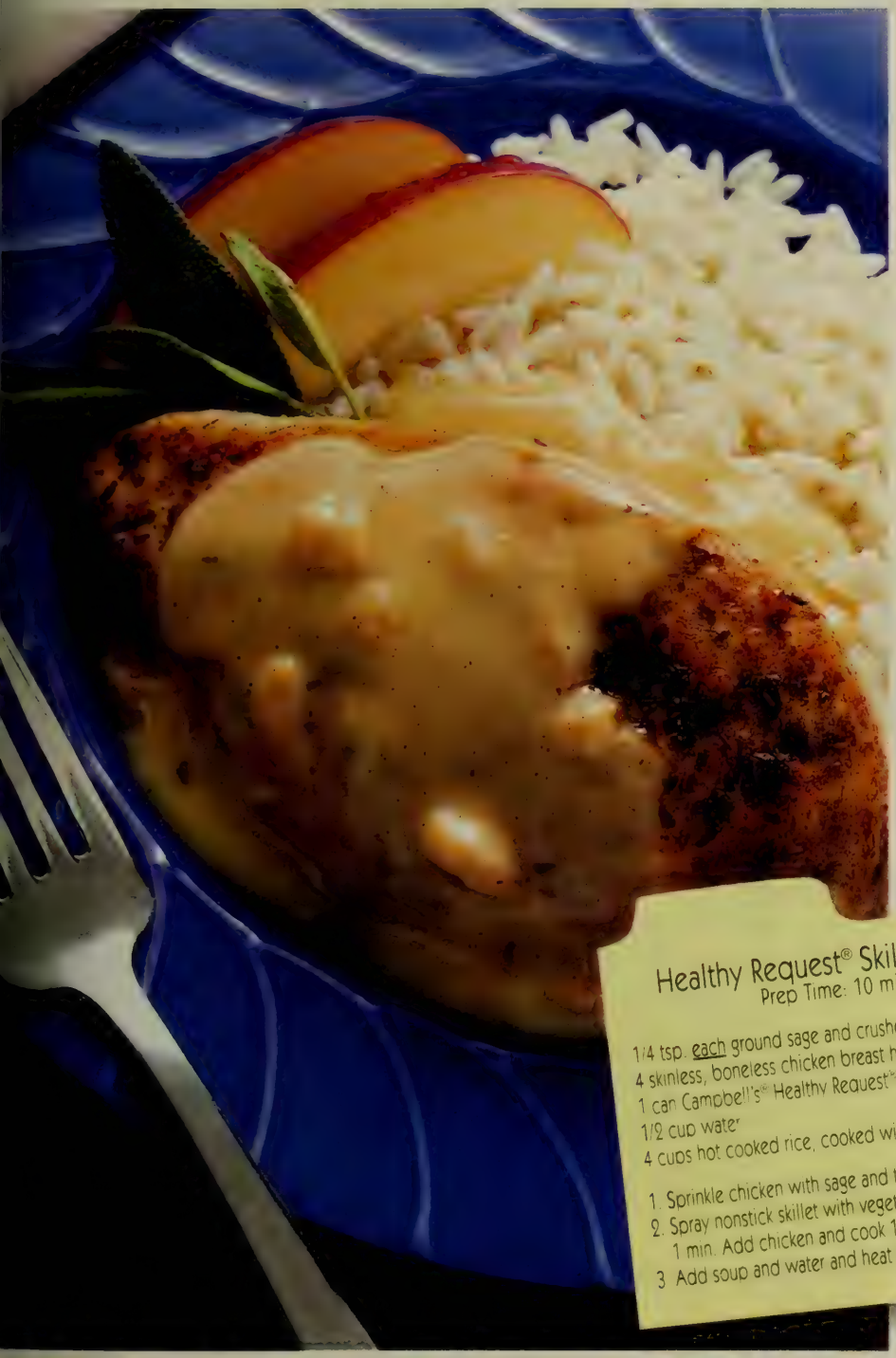


Tiramisu Charlotte: This ethereal dessert (*above*) starts with frozen pound cake formed into a shell. Then, it is filled with the irresistible elements of the Italian dessert called tiramisu: espresso, Marsala wine, and mascarpone cheese.

Fruit Tarts: Light, but memorable, bite-sized desserts complete a meal in grand style (*right*). Layers of crisp phyllo pastry and a cream filling are topped with candied pecans and cranberries.

Recipes begin on page 252
Buying information, page 107

For recipes that are delicious and healthy, substitute Healthy Request.®





In this recipe, Campbell's® Healthy Request® substitutes for gravy to create a rich, delicious dish that's lower in fat and sodium.* Cook with it any time you want to add a lot of flavor without adding a lot of fat and salt. Campbell's® Healthy Request.® For recipes that stay healthy but taste heavenly.

Healthy Request® Skillet Herb Roasted Chicken

Prep Time: 10 min. Cook Time: 20 min.

1/4 tsp. each ground sage and crushed thyme leaves
4 skinless, boneless chicken breast halves
1 can Campbell's® Healthy Request® Cream of Chicken Soup
1/2 cup water
4 cups hot cooked rice, cooked without salt

1. Sprinkle chicken with sage and thyme.
2. Spray nonstick skillet with vegetable cooking spray and heat over medium heat 1 min. Add chicken and cook 15 min. or until done. Remove and keep warm.
3. Add soup and water and heat through. Serve over chicken with rice. Serves 4.

Healthy Request®

www.campbellsoup.com

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*Skillet Herb Roasted Chicken made with Healthy Request® Condensed Soup has 361 mg of sodium and 5g of fat per serving compared to a traditional roasted chicken recipe served with prepared gravy with 682 mg of sodium and 19g of fat per serving

Our Best Holiday Cookies



It just wouldn't be the holidays without cookies to share.

Here are seven decades of our best, from the winsome charms of 1925's Hickory-Nut Macaroons to the high-spirited frivolity of 1992's Farmyard Friends. Also: Wrapping ideas ranging from silly to sumptuous.

continued on page 230

"Amazing what pumpkins are turning into these days."



This magical twist on pumpkin pie starts with the smooth texture of Domino® Confectioners Sugar – the very same confectioners sugar you've always trusted to make the creamiest, homemade frostings.

No-Bake Pumpkin Cream Pie

1 ½ cups Domino® Confectioners Sugar
1 (8 oz.) pkg. cream cheese, softened
4 Tbsp. (½ stick) butter, softened
1 Tbsp. vanilla
1 tsp. pumpkin pie spice
1 (16 oz.) can pumpkin
1 (9-inch) prepared graham-cracker crust
1 cup heavy cream, whipped (optional)

Beat: sugar, cream cheese, butter, vanilla, and pumpkin pie spice with electric mixer 1–2 minutes, until fluffy.
Add: pumpkin until blended.
Spoon into pie crust.
Chill: 6 hours or overnight.
Serve with whipped cream as desired.
Makes 1 pie or 8 servings.
Tip: ½ tsp. cinnamon, ¼ tsp. nutmeg, ⅛ tsp. ginger, and ⅛ tsp. cloves can be substituted for pumpkin pie spice.

We'll always be your sugar.

Granulated • Brown • Confectioners

1997 Domino Sugar Corporation

Cookies

continued from page 228







A long, slender drinking glass with a gold rim (*above*) makes a practically crumble-proof way for Santa's Whiskers cookies to travel. The finishing touch is a monogram sticker from a stationery store.

Recipes begin on page 262

continued on page 232



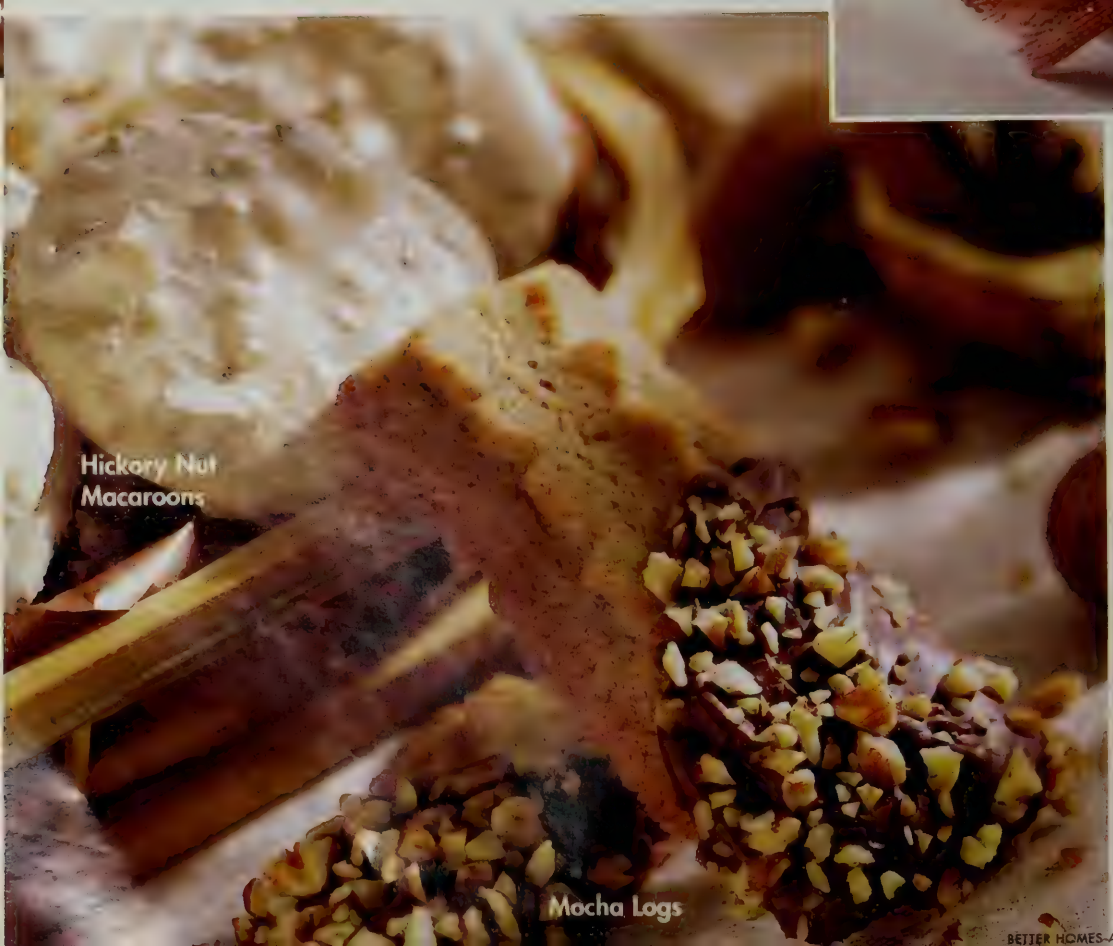
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Cookies

continued from page 230







A piece of plain white paper and a bit of fancy ribbon are all it takes to create a simple wrapping idea (*above*). This style of packaging works best with cookies which are flat, unfrosted, and uniform in shape—such as the Hickory Nut Macaroons.

Recipes begin on page 265

continued on page 234



© 1997 Land O'Lakes Inc.

Chocolate Butter Cookies

- ¾ cup sugar
- ¾ cup LAND O LAKES® Butter, softened
- 1 egg
- 1 teaspoon almond extract
- 1⅔ cups all-purpose flour
- ⅓ cup cocoa

In large mixer bowl combine sugar and butter. Beat at medium speed until creamy (1 to 2 minutes). Add egg and almond extract; continue beating until well mixed (1 minute). Reduce speed to low; beat, gradually adding flour and cocoa, scraping bowl often, until well mixed (1 to 2 minutes).

Divide dough into thirds. Wrap each third in waxed paper; **refrigerate until firm** (1 to 2 hours).

Heat oven to 375°. With floured hands, shape dough, one-third at a time (keep remaining dough refrigerated) into 1-inch balls. Form balls into desired shapes (balls, squares, logs, etc.) or use cookie press*. Place 1-inch apart on cookie sheet. Bake for 7 to 9 minutes or until set (surface may crack slightly). Cool. Decorate as desired.

3 dozen

TIP: Too much flour can make your cookies dry and crumbly. To measure flour, spoon into measuring cup and level off with a straight edge.

*If using cookie press, dough does not need to be chilled.





Made with Tradition.
Made for Today.

www.landolakes.com

Cookies

continued from page 232



Farmyard Friends





Inexpensive wire mesh available at hardware stores is easy to cut and shape into a barn for Farmyard Friends cookies (see diagram *page 272*). Place shredded paper "straw" in the bottom as a soft bed for the cookies. Use a postal label to write your "Mooey Christmas" message, and tie it to the barn with ribbon.

Recipes begin on page 267

THE REYNOLDS WRAP KITCHENS HOME ECONOMISTS

"Around the holidays
Heavy Duty Reynolds Wrap® is perfect
for lining, tenting and baking.
But Pat just wouldn't stop there."



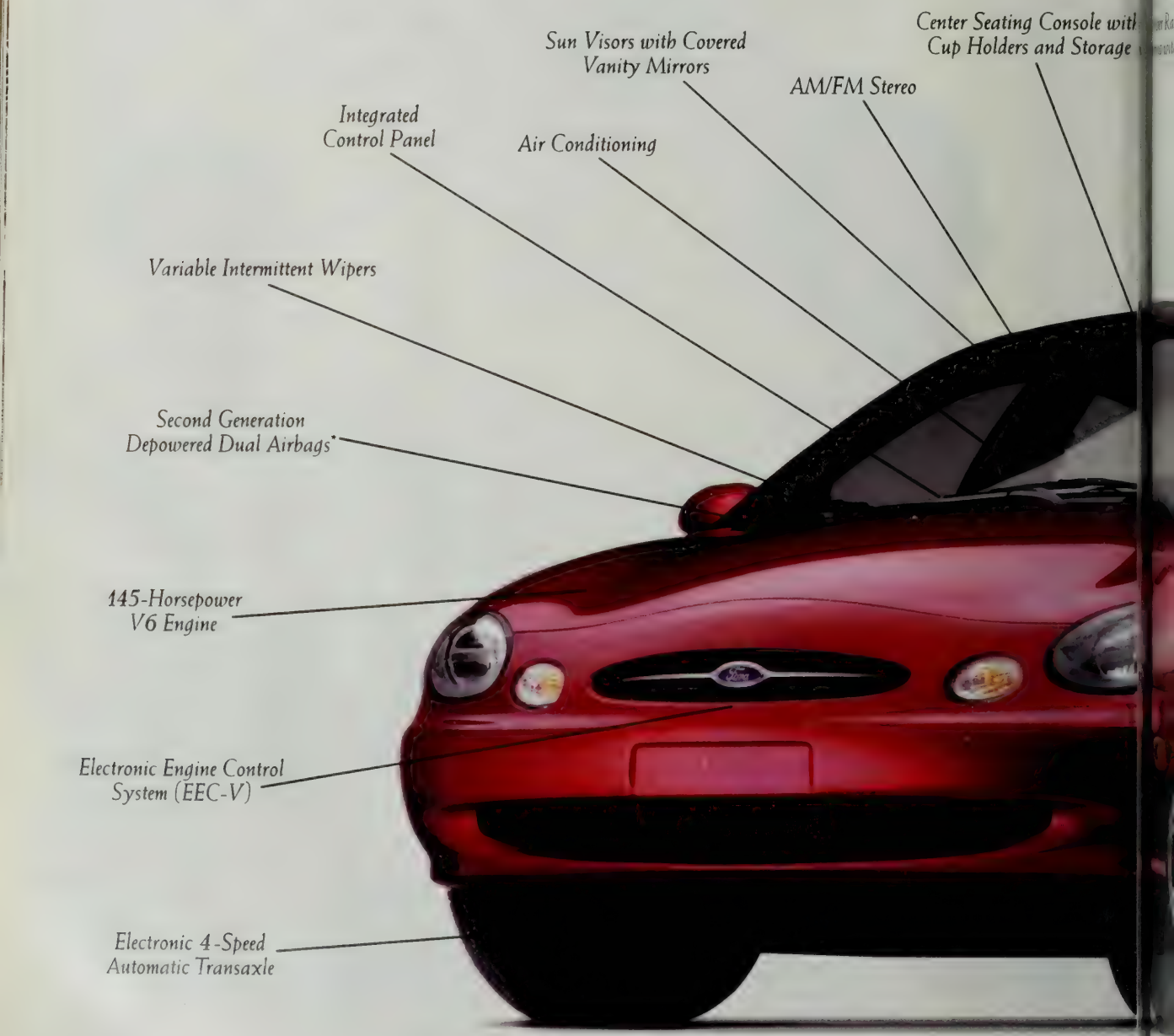
Use Heavy Duty Reynolds Wrap® aluminum foil for tenting your turkey to keep it moist, lining pans for easier cleanup, and baking batch after batch of holiday treats. **One more reason, Reynolds has it all wrapped up.**

Reynolds

For recipes and usage tips, write to: The Reynolds Wrap Kitchens, P.O. Box 1592, Dept. A-321, Chestertown, MD 21690, or visit our World Wide Web site http://www.rmc.com/wrap

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Marbled Pumpkin Cake

1 cup LIBBY'S Solid Pack Pumpkin
2 teaspoons ground cinnamon
1 package (18.25 oz.) yellow cake mix
4 eggs
3/4 cup sour cream
1/4 cup granulated sugar
1/2 cup vegetable oil
1/4 cup water
Powdered sugar (optional)

Combine pumpkin and cinnamon in medium bowl. Combine cake mix, eggs, sour cream, sugar, oil and water in large mixer bowl. Beat on low speed until moistened. Beat on high speed for 2 minutes.

Stir 2 1/2 cups batter into pumpkin mixture. Alternately spoon plain and pumpkin batters into greased 10-cup bundt or round tube pan.

Bake in preheated 375° F. oven for 40 to 45 minutes or until wooden pick inserted near center comes out clean. Cool in pan for 20 minutes; remove to wire rack to cool completely. Dust with powdered sugar before serving. (Makes 24 servings)



Pumpkin Nut Bread

3 1/4 cups all-purpose flour
3/4 cup quick or old-fashioned oats
2 teaspoons baking soda
1 1/2 teaspoons pumpkin pie spice
1/2 teaspoon baking powder
1/2 teaspoon salt
3 eggs
1 3/4 cups LIBBY'S Solid Pack Pumpkin (15-oz. can)
1 1/2 cups granulated sugar
1 1/2 cups packed brown sugar
1/2 cup water
1/2 cup vegetable oil
1/2 cup CARNATION Evaporated Milk
1 cup chopped walnuts

Combine flour, oats, baking soda, pumpkin pie spice, baking powder and salt in large bowl. Beat eggs, pumpkin, sugars, water, oil and evaporated milk in large mixer bowl on medium speed until combined. Beat flour mixture into pumpkin mixture on low speed until blended; stir in nuts. Spoon into 2 greased 9 x 5-in. loaf pans.

Bake in preheated 350° F. oven for 65 to 70 minutes or until wooden pick inserted in center comes out clean. Cool in pans for 10 minutes; remove to wire racks to cool completely. (Makes 36 servings)

Note: For mini loaves prepare as above and pour batter into 6 greased 5 5/8 x 3 1/4-in. mini loaf pans. Bake in preheated 350° F. oven for 40 to 45 minutes or until wooden pick inserted in center comes out clean. Cool as above.



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Dazzlers

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RASPBERRY CHOCOLATE CAKE

The bright flavor of raspberries brings a touch of summer to the holidays.

- 2¼ cups all-purpose flour
- 1 tsp. baking powder
- ¾ tsp. baking soda
- ¼ tsp. salt
- ⅔ cup butter or margarine*
- 1¾ cups sugar
- 2 eggs
- 3 oz. unsweetened chocolate, melted and cooled
- 1 tsp. vanilla
- 1¼ cups water
- 3 Tbsp. raspberry liqueur (optional)
- ½ cup seedless raspberry jam
- 1 recipe Raspberry Chocolate Frosting (see *right*)
- Fresh raspberries (optional)
- Fresh mint sprigs (optional)

Grease and lightly flour two 9x1½-inch round baking pans; set aside. Stir together flour, baking powder, baking soda, and salt; set dry mixture aside.

In a large mixing bowl beat the butter or margarine with an electric mixer on medium to high speed for 30 seconds. Add sugar; beat till well mixed. Add eggs, one at a time, beating well after each. Beat in chocolate and vanilla. Add dry mixture and the 1¼ cups water alternately to beaten mixture, beating on low speed after each addition just till combined. Pour batter into the prepared pans; spread evenly.

Bake in a 350° oven for 30 to 35 minutes or till a wooden toothpick inserted near centers comes out clean. Cool cake layers in pans on wire racks for 10 minutes. Remove cakes from pans. Cool the cake layers thoroughly on racks.

To assemble: Split cake layers in half horizontally to make four layers. Drizzle each cake layer with raspberry liqueur, if desired.

Place one cake layer, cut side up, on serving plate; spread with half of the raspberry jam. Top with second cake layer, cut side down. Spread with about ⅔ cup Raspberry Chocolate Frosting.

Place another cake layer, cut side up, on top of frosting; spread with remaining jam and top with last cake layer, cut side down. Frost top and sides with remaining frosting. Garnish with raspberries and mint sprigs, if desired. Refrigerate any leftover cake. Makes 14 servings.

**Note:* For best results with margarine, use only products labeled as containing not less than 80 percent vegetable oil (the nutrition label should say 100 calories per tablespoon). A lower oil content will result in a tougher, flatter cake.

Nutrition facts per serving for cake with Raspberry Chocolate Frosting: 556 cal., 28 g total fat (12 g sat. fat), 89 mg chol., 247 mg sodium, 76 g carbo., 1 g fiber, and 5 g pro. Daily Values: 21% vit. A, 6% vit. C, 6% calcium, and 19% iron.

RASPBERRY CHOCOLATE FROSTING

This whipped, truffle-style frosting performs a holiday miracle by being simultaneously light and rich.

- 1 10-oz. pkg. frozen red raspberries in syrup, thawed
- 1 envelope unflavored gelatin
- 1 12-oz. pkg. (2 cups) semisweet chocolate pieces
- ¼ cup light-colored corn syrup
- 1½ cups whipping cream
- 1 tsp. vanilla

Press undrained raspberries through a sieve; discard seeds. (Should have about 1 cup puree.) In a heavy medium saucepan combine the puree and gelatin; let stand 5 minutes. Cook and stir till gelatin is dissolved; set aside.

Meanwhile, in another saucepan heat and stir chocolate pieces over low heat till smooth. Stir in corn syrup till smooth.

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Dazzlers

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Stir in whipping cream and vanilla till smooth. Stir in raspberry mixture; heat and stir till smooth and no flecks of chocolate remain. Transfer to a large mixing bowl. Cover and refrigerate about 2 hours or till thoroughly chilled, stirring occasionally. Beat with an electric mixer till fluffy. Makes about 4 cups (enough to fill and frost a two-layer cake).

GLACIER PUNCH

To ensure that the punch retains its sparkle, mix the ingredients just before guests arrive. For a version without alcohol, see the recipe at right.

- 2 cups raspberry-, cherry-, or citrus-flavored vodka, chilled
- ⅔ cup orange liqueur
- 2 Tbsp. kirsch
- 4 cups ice cubes
- 1 750-ml bottle sparkling wine or champagne, chilled
- 2 cups (16 oz.) carbonated water, chilled
- Sugar (optional)
- 1 recipe Raspberry Brittle

In a medium punch bowl combine vodka, orange liqueur, kirsch, and ice cubes. To preserve carbonation, carefully pour sparkling wine or champagne and carbonated water down side of bowl. (If desired, sweeten to taste with a little sugar.) Top with some chunks of Raspberry Brittle. Serve each glass of punch with piece of the Raspberry Brittle. Makes about 20 (4-oz.) servings.

Raspberry Brittle: Pour 1 cup water into bottom of 15x10x1-inch baking pan with sides (or use a 13x9x2-inch baking pan). Sprinkle surface of water evenly with about ½ cup of edible flowers (such as marigolds, calendula, violas, pansies, or dianthus). Sprinkle surface of water evenly with 1 cup fresh raspberries or other fresh fruit. Freeze 3 hours or overnight. To unmold, allow to stand at room temperature 5 or 10 minutes or till ice can be removed. Remove from pan and break into large chunks. Place in punch just before serving.

Nutrition facts per serving: 108 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 5 mg sodium, 5 g carbo., 1 g fiber, and 0 g pro. Daily Values: 0% vit. A, 5% vit. C, 0% calcium, and 0% iron.

ALL-AGES GLACIER PUNCH

When the occasion calls for drinks without alcohol, try this sparkling, fruity punch.

- 1 23-oz. bottle sparkling water with raspberry or blackberry flavor, chilled
- 1 750-ml bottle sparkling white grape juice or sparkling apple cider, chilled
- 1 10-oz. bottle sparkling water with citrus or tropical flavorings, chilled
- 1 recipe Raspberry Brittle (see *below left*)

In a medium punch bowl combine raspberry- or blackberry-flavored sparkling water, sparkling grape juice or cider, and citrus- or tropical-flavored sparkling water. Top with some chunks of Raspberry Brittle. Serve each glass of punch with piece of the Raspberry Brittle. Makes about 14 (4-oz.) servings.

Nutrition facts per serving: 40 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 17 mg sodium, 10 g carbo., 1 g fiber, and 0 g pro. Daily Values: 0% vit. A, 28% vit. C, 0% calcium, and 0% iron.

SMOKED TROUT APPETIZERS

Instead of the puff pastry, the smoked trout can be served on plain crackers or party pumpernickel or rye bread.

- ½ of a 17¼-oz. pkg. frozen puff pastry, thawed according to pkg. directions (1 sheet)
- 1 egg yolk
- 1 tablespoon water
- 8 oz. cooked smoked trout, skinned and flaked
- ½ cup dairy sour cream
- 1 Tbsp. lemon juice
- 1 Tbsp. grated horseradish
- ½ tsp. honey mustard
- Fresh dill sprigs (optional)
- 2 oz. fresh red and/or gold caviar or one 2-oz. jar red or gold caviar*

On a lightly floured surface, roll puff pastry sheet to a 14-inch square. Cut puff pastry into 2-inch squares. Grease cups of 1¾-inch muffin pans and line with pastry squares, allowing corners to extend above cups. In a cup or small bowl beat together egg yolk and water. Brush pastry cups with egg yolk mixture.

Bake in a 375° oven for 12 to 15 minutes or till golden brown. (Pastry will puff leaving small indentations.)

Meanwhile, in a medium mixing bowl or food processor bowl combine smoked trout, sour cream, lemon juice, horseradish, and honey mustard. Beat with an electric mixer or cover and process till almost smooth. Fit a pastry bag with a large star tip and fill with smoked trout mixture. (Or, fill a self-sealing plastic bag with mixture and snip ¼-inch off one corner.) Pipe filling on top of each pastry. Top each appetizer with sprig of dill, if desired. Spoon ⅛ teaspoon caviar onto each. Refrigerate till serving time. Makes about 48.

**Note:* When using caviar from a jar, place in a tea strainer and rinse gently to remove excess salt and dye before using.

Nutrition facts per serving: 36 cal., 2 g total fat (0 g sat. fat), 9 mg chol., 22 mg sodium, 2 g carbo., 0 g fiber, and 1 g pro. Daily Values: 0% vit. A, 0% vit. C, 0% calcium, and 0% iron.

PICKLED ONIONS

Try accompanying these savory nibbles with cubes of sharp cheddar cheese.

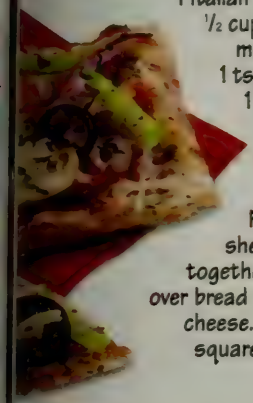
- 4 cups water
- ¾ lb. pearl onions or shallots or 2½ cups frozen small whole onions, thawed
- 1 Tbsp. pickling salt
- 2 bay leaves

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The True Taste Of The Holidays

McCormick

Italian Party Bites



1 Italian bread shell (12-inch)
½ cup shredded mozzarella cheese
1 tsp. Italian Seasoning
1 tsp. Minced Onion
½ tsp. Thyme Leaves
1 tbsp. olive oil
1 cup thinly sliced vegetables (such as red bell pepper, zucchini, mushrooms, onion)
1 can (2.2 oz.) sliced black olives, drained
¼ cup shredded Parmesan cheese

Preheat oven to 450° F. Place bread shell on cookie sheet. In a bowl, toss together next 6 ingredients; spread mixture over bread shell. Top with olives and Parmesan cheese. Bake for 8-10 min. Cut into 2-inch squares. Makes 25 pieces.

Chili Brie in Sourdough



1 tsp. Chili Powder
½ tsp. dry ground Mustard
½ tsp. Garlic Powder
½ tsp. sugar
1 round loaf (1 lb.) sourdough bread
1 wheel Brie cheese (8 oz.)
1 tbsp. softened butter

Preheat oven to 350° F. Combine spices and sugar; set aside. Cut circle in top of bread and remove bread center to make room for Brie. Spread butter in bread; sprinkle with 2 tsp. spice mixture. With knife, make 2-inch cuts around edge of bread at 1-inch intervals. Remove rind from Brie and place in bread. Sprinkle Brie with remaining spice. Replace top of bread. Bake on baking sheet 20-30 min. To serve, remove bread top and break into bite size pieces. Dip bread pieces in hot Brie.

Red Hot Biscuits



2 ¾ cups all purpose baking mix
½ tsp. Crushed Red Pepper
¾ tsp. Garlic Powder, divided
1 cup milk
1 cup shredded Cheddar cheese
2 tbsp. butter, melted

Preheat oven to 425° F. Combine baking mix, Red Pepper and ½ tsp. Garlic Powder. With a fork, stir in milk and cheese until mixture forms a soft dough. Drop dough by ¼ cupful onto greased cookie sheet. Combine butter and remaining Garlic Powder; brush on dough tops. Bake 10-12 min. or until golden brown. Makes 12 biscuits.



Fruit and Spice Dip

½ cup firmly packed light brown sugar
1 tsp. ground Cinnamon
½ tsp. ground Allspice
¼ tsp. ground Nutmeg
1 cup heavy cream
Assorted fresh fruit, cut into bite size pieces

Combine sugar, Cinnamon, Allspice and Nutmeg; set aside. Beat heavy cream until stiff. Gently fold spice mixture into cream. Refrigerate until ready to serve. Serve with fruit. Makes 1 cup.

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Flavor Up!

McCormick

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Dazzlers

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- 1 tsp. juniper berries or 1 Tbsp. gin
- 1 cup white vinegar
- 3 Tbsp. sugar
- 1 tsp. pickling salt
- 1 tsp. dried whole mixed peppercorns
- 1 small fresh hot red chili pepper or jalapeño pepper

In a medium saucepan bring the 4 cups of water to boiling. Peel onions or shallots. Immerse the whole fresh onions or shallots, if using, in boiling water for 3 minutes; drain. (Omit this step if using frozen onions.) Trim off the root ends of onions or shallots and gently press to slip off the skins. Place onions or shallots in a medium glass or ceramic bowl. Sprinkle with the 1 tablespoon pickling salt. Add enough cold water to just cover onions; let stand overnight in refrigerator.

The next day, rinse onions or shallots and drain well. Tie the bay leaves and juniper berries (if using) in a 6-inch square of 100 percent cotton cheesecloth. (Do not tie bay leaves in cheesecloth if using gin.) In a medium saucepan combine the cheesecloth bag of herbs (or the bay leaves and gin), the vinegar, sugar, remaining 1 teaspoon pickling salt, peppercorns, and chili pepper. Bring the vinegar mixture to boiling; reduce heat and simmer, covered, for 5 minutes. Add onions or shallots. Return to boiling and reduce heat. Simmer, uncovered, for 2 to 3 minutes or till crisp-tender. Remove and discard cheesecloth bag or bay leaves. Transfer the onions and liquid to hot, clean screw-top jars. Cover; refrigerate for at least 1 week (or up to 3 months) before using. Makes about 20 servings (2½ cups).

Nutrition facts per serving: 16 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 267 mg sodium, 4 g carbo., 0 g fiber, and 0 g pro. Daily Values: 0% vit. A, 3% vit. C, 0% calcium, and 1% iron.

PICKLING SALT SAVVY

When it comes to cream-of-the-crop pickles, pickling salt makes all the difference. More finely ground than table salt, it dissolves in a brine more easily and helps the pickles last longer, keeps them crisp, and intensifies the natural flavors of vegetables or fruits. What's more, because pickling salt has no additives, it won't cloud pickling liquids. Look for it in the same aisle as table salt or with the canning supplies at your local supermarket.

PICKLED CARAMBOLA

Choose fruit that is shiny and firm; allow it to ripen at room temperature till yellow-orange in color. In some regions, carambola is sold under the name star fruit.

- 3 cups water
- 3 Tbsp. salt
- 4 medium carambola (star fruit) (10 oz. total or 2½ cups), sliced ⅜ inch thick
- 1 cup sugar
- ½ cup white vinegar
- ½ cup water
- 4 inches stick cinnamon
- ½ tsp. whole cloves
- 1 Tbsp. finely shredded orange peel

In a large glass or ceramic bowl combine 3 cups water and salt. Stir in carambola. Allow to stand at room temperature for 4 hours or overnight. Drain in colander and rinse under cold running water for 3 minutes. Drain well. Return to bowl.

For syrup, in a medium saucepan combine sugar, vinegar, ½ cup water, the cinnamon, and cloves. Bring to boiling, stirring to dissolve sugar. Reduce heat. Simmer sugar mixture, uncovered, for 7 minutes.

Using a slotted spoon, remove spices from syrup; discard. Add orange peel to syrup in saucepan. Pour syrup over carambola in bowl. Cool to room temperature.

Ladle into hot clean screw-top jars or a storage container. Cover; refrigerate for at least 4 hours (or up to 2 weeks) before using. Makes about 2 cups or 12 servings.

Nutrition facts per serving: 14 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 91 mg sodium, 3 g carbo., 0 g fiber, and 0 g pro. Daily Values: 1% vit. A, 11% vit. C, 0% calcium, 0% iron.

MARINATED ZUCCHINI

For crisp zucchini, cut into 1½-inch-long sticks.

- 2 medium zucchini, (about 8 oz. total), sliced thinly lengthwise
- 1 small onion, cut into wedges
- 1 clove garlic, minced
- 1 Tbsp. pickling salt
- Cracked ice or cold water
- ¾ cup cider vinegar
- ½ cup packed brown sugar
- ½ tsp. mustard seed
- ¼ tsp. ground turmeric
- ¼ tsp. celery seed

In a small glass or ceramic bowl combine zucchini, onion, garlic, and pickling salt. Add about 2 inches of cracked ice or cover with cold water. Refrigerate for 3 hours; drain well.

In a small saucepan combine the vinegar, brown sugar, mustard seed, turmeric, and celery seed. Bring to boiling; reduce heat. Simmer, uncovered, for 3 minutes. Allow mixture to cool; pour over zucchini mixture. Marinate overnight in the refrigerator. (Mixture will keep up to 3 days in the refrigerator.) Makes about 16 servings (2 cups).

Nutrition facts per serving: 11 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 134 mg sodium, 3 g carbo., 0 g fiber, and 0 g pro. Daily Values: 0% vit. A, 1% vit. C, 0% calcium, and 1% iron.

CROWN ROAST

Check with your butcher a few weeks early to be sure you can get a crown roast. Handle the meat carefully so that it will keep its shape.

- 1 12-rib pork rib crown roast (about 5½ lb.)
- Salt and pepper

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Have Yourself a Nutty Little Christmas

PLANTERS® PECAN CHOCOLATE CHIP PIE

- 3 eggs
- 1 cup light corn syrup
- 1 cup sugar
- 2 tbs. PARKAY spread, melted
- 1 tsp. vanilla extract
- 1/8 tsp. salt
- 1 cup PLANTERS Pecan Halves
- 1/2 cup semisweet chocolate chips
- 1 (9 inch) unbaked pastry shell

1. Beat eggs slightly in medium bowl; blend in corn syrup, sugar, spread, vanilla and salt.
2. Stir in pecan halves and chocolate chips, pour into pastry shell.
3. Bake at 400° for 15 minutes. Reduce temperature to 350°, bake for 25 to 30 minutes more or until browned and puffed across top. Allow to cool before serving.

PLANTERS



Dazzlers

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- 2 medium fennel bulbs, chopped (about 2 cups)
- ⅓ cup chopped onion
- ¼ cup margarine or butter
- 4 cups dry sourdough bread cubes (6 to 7 slices)*
- 2 tart apples, cored and chopped (2 cups)
- 2 Tbsp. snipped fresh thyme or 1 tsp. dried thyme, crushed
- 1 Tbsp. snipped parsley
- 2 beaten eggs
- ½ to ¾ cup apple juice
- 2 Tbsp. apple brandy (optional)
- ¼ cup apple jelly
- 2 tsp. snipped fresh thyme or ½ tsp. dried thyme, crushed
- Rosemary sprigs (optional)
- Sage flowers or other edible flowers (optional)

Trim fat from meat. Sprinkle meat lightly with salt and pepper. Place roast, bone tips up, on rack in shallow roasting pan. Make a ball of foil and press it into cavity to hold open. Wrap the bone tips with foil. Roast in a 325° oven for 1¼ hours.

Meanwhile, in a medium skillet cook fennel and onion in hot margarine or butter till tender.

In a very large mixing bowl, toss together the bread cubes, apples, the 2 tablespoons fresh thyme or 1 teaspoon dried thyme, parsley, and onion-fennel mixture. Combine eggs, ½ cup of the apple juice, and, if desired, apple brandy. Gradually add to bread mixture, tossing to moisten. If desired, add remaining ¼ cup apple juice for moister stuffing.

Remove roast from oven. Lift foil from roast cavity. Loosely pack stuffing into the center of the roast. Cover stuffing loosely with foil. Insert meat thermometer through foil into center of the stuffing. Place any remaining stuffing in lightly greased casserole; cover with foil or casserole lid. Roast stuffed meat for 1½ hours more or till thermometer in stuffing reaches 160° and temperature of meat reaches 155°, adding the casserole to the oven the last 1 hour of baking.

In a small saucepan heat apple jelly and the 2 teaspoons fresh thyme or ½ teaspoon dried thyme just till jelly is melted; brush over meat during the last 20 minutes of roasting.

Remove roast from oven. Cover with additional foil; let stand for 15 minutes before carving. (The temperature will rise 5° during standing.) Remove foil from roast, top of stuffing, and ends of ribs. If desired, tuck rosemary sprigs and edible flowers into string around roast. Serve additional stuffing in casserole along with roast. To serve, slice roast between ribs. Makes 12 servings.

**Note:* To dry fresh bread cubes, bake them in a shallow baking pan in a 300° oven for 10 to 15 minutes or till dry, stirring once or twice.

Nutrition facts per serving with stuffing: 300 cal., 15 g total fat (4 g sat. fat), 103 mg chol., 203 mg sodium, 17 g carbo., 4 g fiber, and 24 g pro. Daily Values: 6% vit. A, 6% vit. C, 2% calcium, and 10% iron.

MOSAIC POTATOES

When baked, the cut surface of the potato becomes transparent and the herb leaf shows through.



When cutting the thin slice off the face of the potato for the Mosaic Potatoes, keep fingers well out of the way of the peeler blade.

Olive oil

- 24 1¼- to 1½-inch white or yellow new potatoes, scrubbed (about 1½ lb.)

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Baking with anything but Planters is just plain... well, you know.

This holiday season, don't settle for anything less than Planters® Baking Nuts. Only Planters are specially packaged to keep our pecans, walnuts and almonds so fresh, they're guaranteed. So you can be sure your nuts will be as fresh as whatever you're putting them into.



PLANTERS® HOLIDAY CHOCOLATE NUT SQUARES

Makes 16

- 1 1/2 sticks PARKAY Spread (3/4 cup)
- 3/4 cup Granulated Sugar
- 1 1/4 cups Flour
- 2 tbs. Heavy Cream
- 1 3/4 cups PLANTERS Pecans or Walnuts, coarsely chopped
- 1 cup Flaked Coconut
- 4 oz. Semi-Sweet Chocolate, coarsely chopped

1. Beat 1/2 cup spread and 1/4 cup sugar until creamy. Blend in flour. Press on bottom of an ungreased 9 x 9 x 2-inch baking pan. Bake at 350°F for 18 minutes or until edges are lightly browned.
2. Heat 1/2 cup sugar, 1/4 cup spread and heavy cream in saucepan, stirring until spread melts and mixture is blended. Stir in pecans; set aside.
3. Sprinkle coconut and chocolate over crust. Top with pecan mixture. Bake for 20 minutes more or until golden. Cool; cut into squares.

PLANTERS



Dazzlers

continued from page 244

- 1 bunch flat-leaf parsley* or 48 small fresh sage leaves (one ½- to ¾-oz. pkg.)
- 1 recipe Sage Butter (optional) (see *below*)

Place a sheet of parchment paper or brown paper on a baking sheet. Brush paper with olive oil; set aside. Scrub potatoes, then cut each in half crosswise. Using a sharp vegetable peeler, knife, or slicer, cut a paper-thin slice off the cut side of each potato half (see photo, *page 244*). Place a leaf of flat-leaf parsley or sage on each potato half and replace the thin potato slice over each half, covering herb leaf.

Place potato halves, cut sides down, on prepared baking sheet. Brush potatoes with more olive oil. Bake, uncovered, in a 375° oven about 35 minutes or till tender. Serve with Sage Butter, if desired. Season to taste. Makes 8 servings.

**Note:* If small leaves are not available, cut larger leaves in half.

Nutrition facts per serving: 103 cal., 2 g total fat (0 g sat. fat), 0 mg chol., 7 mg sodium, 20 g carbo., 0 g fiber, and 2 g pro. Daily Values: 0% vit. A, 21% vit. C, 0% calcium, and 6% iron.

SAGE BUTTER

Besides being a delightful addition to Mosaic Potatoes, this savory spread adds a fantastic herb flavor to other vegetables. Or, slather it on bread.

- 1 cup butter, softened
- 1 Tbsp. finely snipped fresh sage or 1 tsp. dried sage
- Fresh herb sprigs (optional)

In a small bowl combine butter with fresh or dried sage. Shape into individual serving-size portions with a butter mold. Chill in the refrigerator at least 2 hours or overnight. (Or, place butter onto a sheet of plastic wrap; shape into a log. Chill and cut



Sage Butter, shaped in serving-size portions, is simple to make and adds a special touch to the meal.

into serving-size pats.) Garnish plate with fresh herb sprigs, if desired.

Nutrition facts per tablespoon: 100 cal., 11 g total fat (7 g sat. fat), 31 mg chol., 116 mg sodium, 0 g carbo., 0 g fiber, and 0 g pro. Daily Values: 10% vit. A, 0% vit. C, 0% calcium, and 0% iron.

TRUFFLE OIL SALAD

There are three options for serving cheese with this salad.

- ¼ cup rice vinegar
- 2 Tbsp. lemon juice
- 2 Tbsp. salad oil
- 2 Tbsp. truffle oil*, sesame oil, or walnut oil
- 2 tsp. sugar
- ¼ to ½ tsp. salt
- ¼ to ½ tsp. pepper
- 6 cups torn mixed salad greens
- 2 medium unpeeled tart red apples (such as Braeburn or Jonathan), cut into thin wedges or matchstick strips
- 1 turnip, peeled and cut into thin strips
- 2 Tbsp. chopped walnuts
- 1 recipe Cheese Croutons, 1 recipe Cheese Cups, and/or 1 recipe Goat Cheese Slices (optional) (see *pages 248 and 250*)

In a screw-top jar combine rice vinegar, lemon juice, salad oil, truffle oil, sugar, salt, and pepper. Cover; shake to mix thoroughly.

Divide salad greens among 6 plates. Arrange apples and turnip over greens. Sprinkle walnuts atop. Shake dressing and drizzle each serving with about 1 tablespoon dressing (refrigerate remaining dressing). Arrange Cheese Croutons, Cheese Cups, and/or Goat Cheese Slices on plate with salad, if desired. Serves 6.

**Note:* Truffle oil is available at food specialty stores and from food mail order companies.

Nutrition facts per serving without cheese garnish: 74 cal., 5 g total fat (0 g sat. fat), 0 mg chol., 76 mg sodium, 7 g carbo., 2 g fiber, and 2 g pro. Daily Values: 18% vit. A, 26% vit. C, 3% calcium, and 6% iron.

CHEESE CROUTONS

- 4 oz. reduced-fat cream cheese (Neufchâtel) softened
- ½ cup shredded Havarti cheese (such as dill or other herb flavor) or smoked cheddar cheese

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RULES: CAMPBELL'S CELEBRATE THE HOLIDAYS SWEEPSTAKES OFFICIAL RULES—**No purchase necessary.** 1. Complete an official entry form available in the special Campbell's advertising section in participating Sunday newspapers on 11/9/97 & in the December 1997 issue of Ladies' Home Journal, or, on a plain 3" x 5" paper, print your name, address, city, state, & ZIP code, & the name of the grocery store where you buy Campbell's products. By reading the ads, identify the six Campbell's brands pictured as close-ups and, in the appropriate space on your entry form, write in the name of each brand. Entrants using a 3" x 5" paper, may write the names of any six Campbell's brands. Answers need not be correct to be eligible, but you must name six brands. Mail your entry to: Campbell's Celebrate the Holidays Sweepstakes, P.O. Box 4055, Grand Rapids, Minnesota 55730-4055. Each entry must be mailed separately in a stamped envelope and be received by 2/10/98. Mechanically reproduced entries will not be eligible. Not responsible for lost, late, misdirected, mutilated, illegible or postage due entries or mail. **2. PRIZES/DRAWING: (6) Grand Prizes:** One week trip for 4 to Beaver Creek, CO including round trip coach class air transportation from the major airport nearest winner's home to Denver, CO, two-bedroom condominium accommodations, 4-wheel drive rental car, meals, activities & $500 spending money. Approx. Retail Value (ARV): depending upon location of winner's residence, $15,000 ea. **(300) 1st Prizes:** $100 Grocery Shopping Spree, awarded as a check for $100 ea. **(700) Second Prizes:** One year subscription to Ladies' Home Journal. ARV $17.97 ea. Odds of winning any prize depend upon the number of entries received. Winners will be selected in a random drawing on or about 2/17/98 from among all complete entries received. Drawing will be conducted by Marden-Kane, Inc., an independent judging organization whose decisions are final and binding. All prizes will be awarded & winners will be notified by mail. Allow 6-8 weeks for delivery of prize. **3. PRIZE RESTRICTIONS:** Limit one Grand or First Prize per individual or household. Prizes are non-transferable; no substitutions are allowed except by sponsors due to unavailability, in which case prize substitutions will be of equal or greater value. Trips subject to availability & confirmation of reservations, and must be taken by 12/31/99. Certain travel restrictions apply. All other expenses, including, but not limited to, insurance, transfers, gratuities, & room service, are responsibility of winner. If a Grand Prize is won by a minor, it will be awarded in name of a parent/legal guardian. Prize winners (or parent/legal guardian of minor winner) may be required to sign an affidavit of eligibility/release within 14 days of notification attempt. Failure to return the affidavit in the time noted will result in disqualification of the entry & an alternate winner will be selected. Winner's guests, who must be 21 or older if not a member of winner's immediate family, will be required to execute a liability/publicity release. Parent or legal guardian of a minor guest of a winner will be required to execute a liability/publicity release on guest's behalf. All applicable taxes, if any, are the responsibility of the individual winners. By entering this sweepstakes, entrants agree to be bound by these rules & consent to the use of their name or photograph for sponsor's advertising or publicity purposes without further consideration, except where prohibited by law. Entrants release Campbell Soup Company, its related entities, Meredith Corporation, The Family Channel and each of their employees, directors, officers & agents, subsidiary & affiliated companies, & each of their licensees, advertising & promotional agencies & Marden-Kane, Inc., from any & all claims or liability in connection with their participation in this promotion or the acceptance or use of any prize. **4. ELIGIBILITY:** Open only to legal residents of the U.S., & U.S. Military installations, 18 or older, except employees or agents of Campbell Soup Company, Meredith Corporation, The Family Channel, their subsidiaries, divisions, affiliates, advertising agencies, Marden-Kane, Inc. & members of the immediate families of each. Sweepstakes is void where prohibited & is subject to all local, state & federal laws & regulations. **5. WHO WON?** For a list of major winners available after 3/15/98, send a stamped, self-addressed envelope to: Campbell's Celebrate the Holidays Winners List, P.O. Box 711, Sayreville, NJ 08871-0711.

Dazzlers

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- 1 beaten egg
- 1 Tbsp. water
- 2 Tbsp. cornmeal
- 1 Tbsp. fine dry bread crumbs
- 1 Tbsp. toasted sesame seed
- 2 tsp. grated Parmesan cheese
- 2 Tbsp. cooking oil
- 1 Tbsp. margarine or butter

In a medium mixing bowl beat cheeses together using an electric mixer till combined; cover and chill for 1 hour. Meanwhile, combine egg and water in a small bowl. In a shallow dish combine cornmeal, bread crumbs, sesame seed, and Parmesan cheese. Shape chilled cheese mixture into twelve 1-inch balls; flatten to form patties. Dip into egg mixture, then coat with the cornmeal mixture. Cover and chill for 1 hour till firm.

In a large skillet heat cooking oil and margarine or butter. Add cheese patties; cook on medium-high heat for 1 to 2 minutes or till light golden, turning once. Drain on paper towels. Serve warm. Makes 12.

To make ahead: After cooking, let cool. Cover and chill till serving time. Place chilled croutons on a baking sheet. Bake in a 400° oven about 3 minutes or till warm (do not overbake or they will melt).

Nutrition facts per serving: 89 cal., 8 g total fat (3 g sat. fat), 30 mg chol., 75 mg sodium, 2 g carbo., 0 g fiber, and 3 g pro. Daily Values: 6% vit. A, 0% vit. C, 5% calcium, and 1% iron.

CHEESE CUPS

Looking for an elegant, but easy, appetizer? Try these miniature cheese tarts. They not only dress up salads, but also are scrumptious as part of an appetizer assortment.

- 2 oz. reduced-fat cream cheese (Neufchâtel), softened
- ¼ cup shredded Havarti cheese (such as dill or other herb flavor) or smoked cheddar cheese (2 oz.)
- 12 1- to 2-inch prebaked pastry cups

In a medium mixing bowl beat cream cheese and the Havarti cheese together using an electric mixer till combined. Fill each pastry cup with about 1 teaspoon of cheese filling. Place filled cups on an ungreased baking sheet. Bake in 350° oven for 5 to 7 minutes or till hot and cheese has softened. Serve warm. Makes 12 cups.

To make ahead: After filling cups with cheese, cover and refrigerate till serving time. Bake in 400° oven about 5 to 7 minutes or till hot and cheese has softened.

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Campbell's®

TOMATO'S UNCANNY POSSIBILITIES



A new take on tacos.

Campbell's® Beef Taco Bake

Prep Time: 10 min. Cook Time: 30 min.

- 1 lb. ground beef
- 1 can (10 3/4 oz.) Campbell's Condensed Tomato Soup
- 1 cup salsa
- 1/2 cup milk
- 6 flour tortillas ***or*** 8 corn tortillas (6 to 8"), cut into 1" pieces
- 1 cup shredded Cheddar cheese

1. In skillet over medium-high heat, cook beef until browned, stirring to separate meat. Pour off fat.
2. Add soup, salsa, milk, tortillas and ***half*** the cheese. Spoon into 2-qt. shallow baking dish. ***Cover.***
3. Bake at 400°F. 30 min. or until hot. Sprinkle with remaining cheese. Serves 4.

Free Recipe Booklet: For more recipes send name, address and 50¢ for P&H to: Campbell's, Dept. C., P.O. Box 4116, St. Cloud, MN 56398-4116. While supplies last.



www.campbellsoup.com

1997 Campbell Soup Company

Campbell's Makes Everything *M'm! M'm!* Better™

Dazzlers

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Nutrition facts per cheese cup: 65 cal., 5 g total fat (2 g sat. fat), 10 mg chol., 60 mg sodium, 3 g carbo., 0 g fiber, and 3 g pro. Daily Values: 4% vit. A, 0% vit. C, 4% calcium, and 1% iron.

GOAT CHEESE SLICES

Another time, serve this herb-accented cheese with slices of French bread as a first course.

- 4 oz. semisoft goat cheese
- 2 Tbsp. snipped fresh tarragon or dill or 2 tsp. dried tarragon or dillweed, crushed

Cut the goat cheese into 6 slices. Coat the cheese slices with the herbs. Makes 6 slices.

Nutrition facts per cheese slice: 62 cal., 5 g total fat (3 g sat. fat), 17 mg chol., 110 mg sodium, 0 g carbo., 0 g fiber, and 3 g pro. Daily Values: 2% vit. A, 0% vit. C, 1% calcium, and 0% iron.

NUT-CRUSTED TURKEY

When a whole bird won't fit into your holiday dinner plans, try this version that's less fuss but is still a striking presence (and makes fine sandwiches the next day as well).

For guidance on cooking a whole turkey, see our Festive Turkey Fixings feature on page 290.

- 1 3- to 3½-lb. boneless whole turkey breast
- 1 Tbsp. olive oil or cooking oil
- 1 clove garlic, minced
- ¼ tsp. salt
- ⅓ cup slivered almonds
- ⅓ cup pine nuts or slivered almonds
- 1 tsp. ground coriander
- ¼ tsp. ground cinnamon
- ¼ tsp. coarsely ground pepper
- ¼ cup orange marmalade
- Fresh thyme sprigs (optional)
- 1 recipe Glazed Roasted Vegetables (see *page 256*) (optional)

Remove skin from turkey breast. Rinse and pat turkey breast dry with paper towels. Place on a lightly greased rack in a shallow roasting pan. Combine oil, garlic, and salt. Brush over turkey breast. Insert a meat thermometer into the thickest part of the breast.

Roast, uncovered, in a 375° oven for 30 minutes. Meanwhile, in a blender container or food processor bowl, blend or process almonds and pine nuts together just till finely chopped. Place nuts in a small mixing bowl; stir in coriander, cinnamon, and pepper. Set aside.

Remove turkey breast from oven. Brush surface with orange marmalade; sprinkle nut mixture over the turkey, pressing gently so nuts adhere. Continue roasting, uncovered, for 30 to 45 minutes longer or till meat thermometer registers 170°. Remove from oven.

Let the turkey stand about 15 minutes before slicing. Garnish with fresh thyme sprigs, if desired. Serve the sliced turkey with Glazed Roasted Vegetables, if desired. Makes 8 to 10 servings.

Nutrition facts per serving without vegetables: 218 cal., 9 g total fat (2 g sat. fat), 59 mg chol., 109 mg sodium, 7 g carbo., 1 g fiber, and 28 g pro. Daily Values: 0% vit. A, 1% vit. C, 3% calcium, and 13% iron.

CARROT-SPINACH TERRINE

Before baking, tap the pan filled with the carrot and spinach mixtures firmly on the countertop. This will help to eliminate air bubbles that might spoil the appearance of the loaf.

- 1½ lb. carrots, halved crosswise, then cut in half lengthwise
- 1 12-oz. pkg. goat cheese
- 3 eggs
- ⅛ tsp. ground nutmeg
- ⅛ tsp. ground red pepper
- ⅛ tsp. salt
- ⅛ tsp. pepper
- 1 10-oz. pkg. frozen chopped spinach, thawed and well drained
- 2 cloves garlic, minced
- ⅛ tsp. salt
- ⅛ tsp. pepper
- Salt and pepper
- 1 recipe Herbed Mayonnaise (optional) (see *page 252*)
- Fresh chives (optional)

Line an 8x4x2-inch loaf pan with foil; grease well and set aside.

Cook carrots, covered, in a small amount of boiling salted water for 10 to 12 minutes or till carrots are very tender. Drain and cool slightly.

Arrange about ¼ of the cooked carrots, diagonally, in the bottom of the pan, trimming the carrots to fit as necessary.

Place remaining carrots in a blender container or food processor bowl with one-third of the goat cheese (about ½ cup), 2 eggs, nutmeg, ground red pepper, ⅛ teaspoon salt, and ⅛ teaspoon pepper. Cover and blend or process till smooth. Spoon half of the carrot puree atop carrots in loaf pan, shaking slightly to ensure puree coats all the carrots.

Rinse blender or food processor. Place spinach in blender container or food processor bowl with remaining goat cheese, remaining egg, garlic, ⅛ teaspoon salt, and ⅛ teaspoon pepper. Cover and blend or process till smooth. Spoon spinach puree over top of carrot puree. Spoon remaining carrot puree over spinach layer.

Cover loaf pan with foil. Place the loaf pan in a roasting pan half filled with boiling water.

Bake in a 325° oven for 1½ hours or till set and a knife inserted in center comes out clean.

Allow the terrine to cool at room temperature. Cover and chill thoroughly. Turn the terrine out onto a plate; slice to serve. Serve with Herbed Mayonnaise, if desired. Garnish with snipped chives, if desired. Makes 6 servings.

Nutrition facts per serving: 281 cal., 19 g total fat (9 g sat. fat), 157 mg chol., 546 mg sodium, 13 g carbo., 4 g fiber, and 16 g pro. Daily Values: 292% vit. A, 11% vit. C, 12% calcium, and 2% iron.

continued on page 252

"More white meat, please."



How to get the most white meat from your turkey.

Remove the drumstick and thigh by pulling leg away from body and carving at joint.



Cut along each side of breast bone. Then cut down front of the breast bone along the wishbone. Repeat a couple of times.



Finally, remove entire breast from each side. Place on platter and slice diagonally.

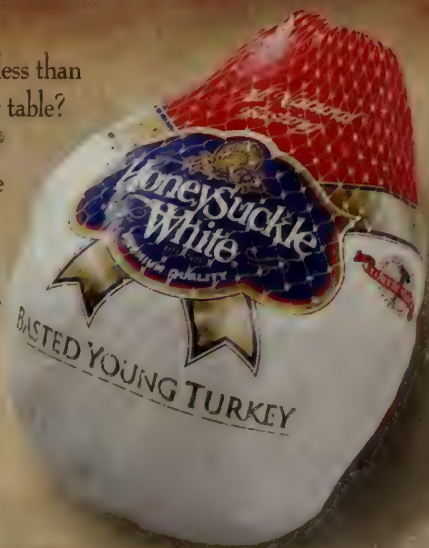


Would you actually give your family anything less than the best when they gather around your holiday table?

Insist on Honeysuckle White.® The turkey with an abundance of tender, moist white meat. And a guarantee to roast perfectly every time.

For information about selecting, thawing, and cooking your holiday turkey - plus a free recipe booklet, while they last - call 1-800-810-MEAL.

http://www.honeysucklewhite.com



Dazzlers

continued from page 250

HERBED MAYONNAISE

This velvety, dill-flavored mayonnaise makes a superb sandwich spread as well as an accompaniment to Carrot-Spinach Terrine (page 250).

- ½ cup mayonnaise or salad dressing
- ½ cup dairy sour cream
- 3 Tbsp. snipped fresh dill or 1 Tbsp. dried dillweed
- 2 Tbsp. parsley
- 1 clove garlic, minced

In a blender container or food processor bowl combine mayonnaise or salad dressing, sour cream, dill, parsley, and garlic. Cover and blend or process till almost smooth. Pour into storage container. Cover; refrigerate at least 1 hour. Serve with the terrine. Makes 1¼ cups.

Nutrition facts per tablespoon: 65 cal., 7 g total fat (2 g sat. fat), 7 mg chol., 43 mg sodium, 1 g carbo., 0 g fiber, and 0 g pro. Daily Values: 2% vit. A, 1% vit. C, 0% calcium, and 0% iron.

WILD-RICE-STUFFED SQUASH

If your market doesn't carry the kind of squash specified in this recipe, substitute any hard-skinned winter variety of squash.

- 1 14½-oz. can reduced-sodium chicken broth
- ½ tsp. dried thyme, crushed
- ⅓ cup wild rice, rinsed
- ½ cup chopped leeks
- ⅓ cup long grain rice
- 6 small winter squash (such as acorn, Sweet Dumpling, or Golden Nugget), each about 3½ to 4 inches in diameter
- ¼ cup dried cranberries or dried currants
- ¼ cup snipped dried apricots
- 3 Tbsp. margarine or butter, melted
- ⅛ tsp. salt
- ⅛ tsp. pepper
- Six 6- to 8-inch twig wreaths (optional)
- Pansies or other edible flowers (optional)
- Fresh sage leaves (optional)

In a heavy medium saucepan bring the chicken broth and thyme to a boil. Add the wild rice. Reduce heat. Simmer, covered, for 30 minutes. Add the leeks and long grain rice. Cover and simmer for 15 minutes more or till rice is tender. Let stand, covered, for 5 minutes. Drain excess liquid, if necessary.

Meanwhile, wash squash and cut off the top third including the stem end. With a teaspoon, remove seeds. Place squash, cut sides down, in a shallow baking pan. Bake in a 350° oven for 30 minutes. Turn cut sides up. Cover pan with foil and bake about 20 minutes more or till tender. Remove from oven. Set aside.

In a large bowl combine rice mixture, dried cranberries or currants, and dried apricots. Stir in melted margarine or butter, salt, and pepper.

Mound stuffing into squash. Place in a shallow baking pan and bake in a 425° oven about 10 minutes or till heated through. Serve atop twig wreaths, if desired. Garnish plate with pansies or other edible flowers and sage leaves, if desired. Makes 6 side-dish servings.

Nutrition facts per serving: 262 cal., 7 g total fat (1 g sat. fat), 0 mg chol., 320 mg sodium, 50 g carbo., 7 g fiber, and 5 g pro. Daily Values: 177% vit. A, 63% vit. C, 10% calcium, and 19% iron.

TIRAMISU CHARLOTTE

To prepare the sugared kumquat and strawberry garnish, first dip the fruit in light-colored corn syrup, then into granulated sugar.

- 3 tsp. unflavored gelatin
- ⅓ cup cold water
- ½ of a 10¾-oz. package frozen or fresh pound cake, thawed if necessary and cut into ¼-inch-thick slices, or 24 ladyfingers
- 2 to 3 Tbsp. Marsala or apple juice
- 1 8-oz. container mascarpone cheese* or one 8-oz. pkg. cream cheese, softened
- 1 Tbsp. powdered sugar
- ¼ cup Marsala or apple juice
- 4 egg yolks
- ⅓ cup granulated sugar
- 1½ cups whipping cream
- 2 Tbsp. instant espresso coffee powder
- 1 vanilla bean, split, or 1 tsp. vanilla
- 1 cup whipping cream
- Sugared kumquats (optional)
- Sugared strawberries (optional)
- Orange peel curls (optional)

In a 1-cup glass measure sprinkle the gelatin over cold water and let stand for 5 minutes. In a small saucepan bring a small amount of water to boiling. Place glass measure with gelatin in saucepan; heat and stir till gelatin dissolves. Remove from heat; set aside to cool.

Meanwhile, line the bottom of a 6-cup bowl with plastic wrap. Line bottom of the bowl with pound cake slices or ladyfingers, trimming the cake or ladyfingers to fit as necessary. To line sides, press cake or ladyfingers against each other (see photo, *page 254*) around side of mold; trim to fit. Using a spoon or small shaker bottle, sprinkle cake with the 2 to 3 tablespoons Marsala or apple juice (see photo, *page 254*).

For the mascarpone mixture, in a small bowl mix mascarpone or cream cheese, powdered sugar, and 2 tablespoons of the cooled gelatin mixture. Stir in the ¼ cup Marsala or apple juice. Set aside.

For the coffee mixture, in a medium mixing bowl beat egg yolks and granulated sugar with an electric mixer on medium speed about 2 minutes or till thick. Set aside.

In a medium saucepan place the 1½ cups whipping cream, instant espresso powder, and vanilla bean, if using; bring to a simmer. Remove vanilla bean and discard. Pour 1 cup

continued on page 254

Word of MOUTH is that we taste BEST!*



In recent taste tests, people chose Duncan Hines Homestyle Chocolate Frosting as the ready-to-serve chocolate frosting that tastes the best. It's made with real confectioner's sugar. And natural chocolate flavors, like rich dutched cocoa. But don't take our word for it. Listen to your mouth.*

Duncan Hines

JUST WHAT YOU WANT!

*versus leading national chocolate frostings.

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Naughty but nice.



Chocolate Caramel Bars

Only the taste is naughty with this tempting cookie bar. For other recipes, call 1-800-417-2253.

1¾	cups plus 3 tablespoons all-purpose flour, separated
1¾	cups quick cooking oats
1	cup packed brown sugar
½	teaspoon baking soda
¼	teaspoon salt
½	cup Sunsweet Lighter Bake
¼	cup vegetable oil
1	cup semisweet chocolate pieces
¾	cup fat-free caramel ice cream topping

Preheat oven to 350 degrees. Coat 13x9-inch pan with cooking spray. Combine 1¾ cups flour, oats, brown sugar, baking soda and salt. Add Lighter Bake and oil; stir with fork or fingertips until evenly moist and crumbly. Reserve 1 cup for topping. Press remaining mixture evenly onto bottom of pan. Bake 15 minutes. Cool 10 minutes. Sprinkle with chocolate pieces. Stir remaining flour into caramel topping. Drizzle over chocolate. Sprinkle with reserved crumbs. Bake 15 minutes or until edges are golden. Cool. Makes 36 bars.

Nutrients per serving: Calories 130 (21% from fat); Protein 2g; Fat 3g; Carbohydrate 24g; Sodium 50mg; Cholesterol 0mg.

It's naughty because it has rich, dark chocolate and chewy caramel. It's nice because it uses Lighter Bake® to replace most of the fat in the recipe. You see, Lighter Bake from Sunsweet is a fruit-based replacement for fats like butter and oil. In addition to being 100% fat-free, Lighter Bake gives soft baked goods a wonderfully moist texture and delicious taste. It's a tasty way to be nice to yourself.



®Sunsweet and ®Lighter Bake are the trademarks of Sunsweet Growers Inc. ©Sunsweet Growers Inc. 1997

Dazzlers

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Arrange slices as tightly as possible in the Tiramisu Charlotte. However, some gaps are inevitable and show off the filling.

Use a spoon to sprinkle the Marsala wine or apple juice onto the sides of the cake.

of the hot mixture into the egg yolk mixture. Return all to the saucepan. Cook and stir over medium heat till mixture is thickened and just bubbly. Reduce heat; cook and stir for 2 minutes more. Stir in vanilla, if using, and remaining gelatin mixture. Transfer mixture to a large bowl. Cover and chill for 45 to 60 minutes or till mixture cools and starts to mound.

In a medium mixing bowl beat the 1 cup whipping cream till soft peaks form; fold into espresso mixture.

Pour half of the espresso mixture into the prepared mold. Spread mascarpone mixture atop. Top with the remaining espresso mixture. Cover with plastic wrap and chill the dessert overnight.

To serve, uncover and invert onto a serving plate. Remove remaining plastic wrap. Garnish with kumquats and strawberries, if desired. Garnish with orange peel curls, if desired. Makes 10 servings.

**Note:* Mascarpone is a rich Italian cream cheese often served with fruit for dessert. You can buy it at the cheese counter of your supermarket.

Nutrition facts per serving: 449 cal., 39 g total fat (22 g sat. fat), 196 mg chol., 87 mg sodium, 20 g carbo., 0 g fiber, and 9 g pro. Daily Values: 39% vit. A, 0% vit. C, 4% calcium, and 2% iron.

FRUIT TARTS

To avoid last-minute scurrying to get this delicious dessert ready, start it up to two days ahead and make it in stages. The Crème Fraîche and the Candied Pecans can even be made up to 1 week before serving. To order a Muffin Pan Set that includes a pan to use for this recipe, see page 267.

- 1 recipe Candied Pecans (see *page 256*)
- 1 recipe Crème Fraîche (see *page 256*)
- ½ cup sugar
- ½ cup water
- 1 cup cranberries
- 1 tangerine or orange, peeled and sectioned
- 1 Tbsp. cold water
- 2 tsp. cornstarch
- 6 Tbsp. unsalted butter, melted
- 6 sheets frozen phyllo dough, thawed (about 17x12-inch rectangles)

Prepare Candied Pecans and Crème Fraîche; set aside.

For cranberry sauce, in a medium saucepan combine sugar and ½ cup water. Bring to boiling, stirring to dissolve sugar. Boil rapidly for 5 minutes. Add the cranberries. Return to boiling; reduce heat. Boil gently, uncovered, over medium heat for 3 to 4 minutes or till the skins pop, stirring occasionally. Stir in the tangerine sections.

Meanwhile, in a small bowl stir together the 1 tablespoon water and the cornstarch. Stir into cranberry mixture. Return to boiling. Reduce heat; cook and stir for 1 minute more. Remove from heat; set aside to cool. Cover and chill. (If desired, this sauce can be made up to 2 days ahead and refrigerated.)

To make pastry cups, lightly brush twelve 2½-inch muffin cups with some of the melted butter; set aside. Lightly brush a sheet of phyllo with melted butter. Place another sheet of phyllo on top of it; brush with melted butter. (Cover remaining phyllo with plastic wrap or a slightly damp towel to keep it from drying out.)

Cut phyllo stack into twelve 4-inch squares. Place one phyllo square on top of a second square, followed by a third square, setting each at a slight angle to create a star shape. Gently press the 6-layer stack into one of the muffin cups, leaving the points sticking up or drooping slightly. Repeat process with phyllo and butter to form 12 cups total.

Bake in a 375° oven for 7 to 9 minutes or till golden and crisp. Cool completely on a wire rack. Carefully remove cups from pan. Store in a dry place up to several hours.

To assemble the tarts, spoon about 1 tablespoon of Crème Fraîche into each pastry shell. Spoon 1 tablespoon cranberry sauce on top of

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crème mixture. Top with Candied Pecans. Makes 12 servings.

To make Candied Pecans: Line a baking sheet with foil. Butter the foil; set baking sheet aside.

In a small heavy skillet combine ½ cup coarsely chopped pecans, ¼ cup sugar, and 1 tablespoon butter or margarine. Cook mixture over medium-high heat, shaking the skillet occasionally till sugar begins to melt. Do not stir the mixture. Reduce heat to low and continue cooking till sugar is golden brown, stirring the nut mixture occasionally.

Remove skillet from the heat. Pour nut mixture onto the foil-lined and buttered baking sheet. Cool completely. Break the nut mixture into small chunks. Store the coated nuts, tightly covered, for up to 1 week. Makes ¾ cup.

To make Crème Fraîche: Up to one week before serving, in a small mixing bowl stir together ½ cup whipping cream and ½ cup dairy sour cream. Cover with plastic wrap.

Let the cream mixture stand at room temperature for 2 to 5 hours or till mixture thickens. When thickened, cover and refrigerate for up to 1 week.

About 1 hour before serving, stir ¼ cup sifted powdered sugar and 1 teaspoon finely shredded tangerine or orange peel into the cream mixture. (Try serving this mixture over cut-up fresh fruit for a quick dessert.) Makes 1 cup.

Nutrition facts per tart: 238 cal., 16 g total fat (8 g sat. fat), 35 mg chol., 66 mg sodium, 23 g carbo., 1 g fiber, and 2 g pro. Daily Values: 13% vit. A, 6% vit. C, 2% calcium, and 3% iron.



Roast this colorful and flavor-packed combination of winter vegetables alongside a turkey or roast, then pass the Glazed Roasted Vegetables for everyone to enjoy.

TO COOK NUT-CRUSTED TURKEY AND GLAZED ROASTED VEGETABLES TOGETHER

Assuming that the turkey and vegetables are baked in the same oven and that the oven may not be wide enough for both large pans side-by-side, here are some hints to help with preparations:

Arrange oven racks to accommodate both pans. Place the roasting pan with the turkey breast on the lower rack at the beginning of roasting time. The covered 13x9x2-inch pan of vegetables can go on the upper rack.

After turkey and vegetables have baked 30 minutes, remove both pans. Add marmalade and nuts to turkey; stir squash into vegetables. Cover vegetables again. Place vegetables on lower rack now, and the turkey breast on the upper rack. (This should allow nuts to brown more easily. If nuts begin to overbrown but the turkey is not yet done, cover turkey breast loosely with foil.)

If vegetables get done before the turkey, remove the pan of vegetables from the oven and let stand, covered, while turkey finishes. Then, after removing turkey, increase oven temperature to 450° and bake the vegetables, uncovered, during the 15-minute standing time for the turkey.

GLAZED ROASTED VEGETABLES

The cooking time of this side dish has been adjusted to make it dovetail with the timing of the Nut-Crusted Turkey (recipe page 250). See tip box at left.

- 8 medium carrots, bias-sliced 1 inch thick (4 cups)
- 4 medium parsnips, bias-sliced 1 inch thick (4 cups)
- 12 baby beets, peeled and halved, or 3 small whole beets, quartered (about 12 oz.)
- 2 Tbsp. snipped parsley
- 2 tsp. snipped fresh marjoram, thyme, or rosemary, or ½ tsp. dried marjoram, thyme, or rosemary
- ¼ tsp. salt
- 3 Tbsp. olive oil or cooking oil
- 4 cups peeled, seeded winter squash cut into 1½-inch pieces (about 2 lb. before trimming)
- ¼ cup packed brown sugar

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Campbell's®

REDUCE THE FAT, NOT THE TASTE



Rich, creamy taste without all the rich, creamy guilt.

Campbell's® No Guilt Chicken Pot Pie

Prep Time: 10 min Cook Time: 30 min

- 1 can (10 3/4 oz.) Campbell's® Condensed 98% Fat Free Cream of Chicken Soup
- 1 pkg. (about 9 oz.) frozen mixed vegetables, thawed
- 1 cup cubed cooked chicken
- 1/2 cup milk
- 1 egg
- 1 cup Bisquick® Reduced Fat Baking Mix

1. Preheat oven to 400°F. In 9" pie plate mix soup, vegetables and chicken.
2. Mix milk, egg and baking mix. Pour over chicken mixture. Bake 30 min. or until golden. Serves 4.

8g fat per serving (traditional pot pie recipe, 43g fat per serving).

Free Recipe Booklet: For more recipes send name, address and 50¢ for P&H to: Campbell's, Dept. B, P.O. Box 4116, St. Cloud, MN 56398-4116. While supplies last.



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Campbell's Makes Everything *Mm! Mm!* Better™



German Sweet Chocolate Pie

1 pkg. (4 oz.) BAKER'S GERMAN'S® Sweet Baking Chocolate

1/3 cup milk, divided

4 oz. PHILADELPHIA BRAND® Cream Cheese, softened

2 Tbsp. sugar

1 tub (12 oz.) COOL WHIP® Whipped Topping, thawed

1 prepared graham cracker crumb crust (6 oz.)

MICROWAVE chocolate and 2 Tbsp. of milk in large microwaveable bowl on HIGH 1 1/2 to 2 minutes or until chocolate is almost melted, stirring halfway through heating time. Stir until chocolate is completely melted.

BEAT in cream cheese, sugar and remaining milk with wire whisk until blended. Refrigerate 10 minutes.

Gently stir in 3 1/2 cups of the whipped topping until smooth. Spoon into crust.

FREEZE 4 hours. Let stand at room temperature 15 minutes before cutting pie.

Serve with remaining whipped topping. Store pie in freezer. Makes 8 servings.

Maybe you should skip the *turkey.*







Spoon a sampling of the rich, creamy gravy over pinwheel slices of Mushroom-Stuffed Beef for an elegant main dish. Accompany with an assortment of steamed fresh vegetables.

In a large saucepan cook carrots and parsnips, covered, in a small amount of boiling water for 3 minutes. Drain.

In a 13x9x2-inch baking pan combine the partially cooked carrots and parsnips and the beets. Sprinkle with parsley; marjoram, thyme, or rosemary; and salt. Drizzle with olive oil or cooking oil. Toss gently to coat vegetables. Cover the pan with foil.

Bake in a 375° oven for 30 minutes, stirring vegetables once. Stir in squash pieces. Cover and bake about 20 minutes more or just till vegetables are barely done. Remove vegetables from oven.

Increase oven temperature to 450°. Stir the brown sugar into vegetables until mixed.

Return vegetables to oven and bake, uncovered, 15 to 20 minutes more or till vegetables are tender and glazed. Transfer to a serving dish. Makes 8 to 10 side-dish servings.

Nutrition facts per serving: 155 cal., 4 g total fat (1 g sat. fat), 0 mg chol., 112 mg sodium, 29 g carbo., 7 g fiber, and 2 g pro. Daily Values: 170% vit. A, 31% vit. C, 5% calcium, and 8% iron.

MUSHROOM-STUFFED BEEF

Roll the beef as tightly as possible and tie with kitchen string to ensure the meat will keep its shape when cut.

- 1 lb. fresh mushrooms (such as button, porcini, shiitake, and/or morel)
- 1 medium carrot, shredded (½ cup)
- 3 Tbsp. finely chopped onion
- 1 Tbsp. butter or olive oil
- 2 Tbsp. snipped fresh tarragon or 1 tsp. dried tarragon, crushed
- 2 Tbsp. white wine vinegar or water
- 2 Tbsp. dry white wine, vermouth, or water
- ¾ cup soft bread crumbs
- ½ cup shredded fresh Parmesan or Monterey Jack cheese
- 1 2- to 2½-lb. beef tenderloin
- Salt and pepper
- 3 Tbsp. all-purpose flour
- ¼ cup dry white wine or beef broth
- ¼ cup beef broth
- ½ cup whipping cream
- 2 to 3 tsp. Dijon-style mustard

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Double Layer Pumpkin Pie

Prep Time: 15 minutes



4 oz. PHILADELPHIA BRAND® Cream Cheese, softened
1 cup + 1 Tbsp. cold milk
1 Tbsp. sugar
1 tub (8 oz.) COOL WHIP® Whipped Topping, thawed
1 prepared graham cracker crumb crust (6 oz.)
1 can (16 oz.) pumpkin
2 pkg. (4-serving size) JELL-O® Vanilla Flavor Instant Pudding & Pie Filling
1 tsp. ground cinnamon
1/2 tsp. ground ginger
1/4 tsp. ground cloves



1. In a large bowl, mix cream cheese, 1 Tbsp. milk and sugar with wire whisk until smooth. Gently stir in 1 1/2 cups whipped topping. Spread on bottom of crust.
2. In a second bowl, stir pumpkin, pudding mix and spices into remaining milk. Beat with wire whisk until well blended. (Mixture will be thick.) Spread over cream cheese layer.
3. Refrigerate 4 hours. Serve with remaining whipped topping. Makes 8 servings.

Gobble, gobble, gobble.



97 Kraft Foods, Inc.

Dazzlers

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For stuffing, place mushrooms, one-fourth at a time, in a food processor bowl or blender container; cover and process or blend till mushrooms are finely chopped. In a large skillet cook mushrooms, carrot, and onion in hot butter or olive oil over low heat till mushrooms are tender. Continue cooking till liquid evaporates. Add half of the tarragon, the vinegar, and the 2 tablespoons wine or water; continue cooking till only about 1 tablespoon of liquid remains. Remove from heat. Stir in bread crumbs and cheese; set aside.

To butterfly the tenderloin, make a lengthwise slit down the center to within ½ inch of bottom. On each side of the V formed by the first cut, make another lengthwise slit (see photo *above*). To flatten, pound with a meat mallet to about ½-inch thickness. Sprinkle with salt and pepper.



The cuts made in a roast before butterflying allow the meat to be flattened into a uniform rectangle. When slicing, be careful not to cut all the way through the meat; if you want to err on the safe side, make shallower cuts.

Spread the stuffing mixture on the tenderloin. Roll up from the long side, tucking in ends; secure with kitchen string tied tightly at 2-inch intervals. Place on rack in shallow roasting pan. Insert a meat thermometer into the center of the roll.

Roast, uncovered, in a 325° oven till meat thermometer registers 140° for medium-rare (about 50 minutes) or 155° for medium (about 65 minutes). Remove from oven. Cover with foil. Let stand 15 minutes (the temperature of the meat will rise 5 degrees during standing).

While meat is standing, prepare gravy. Pour off pan drippings, reserving 2 tablespoons fat. Return the 2 tablespoons fat to the roasting pan. Using a wire whisk, stir in flour. Add the ¼ cup wine and broth to flour mixture; scrape up brown bits that have stuck to pan. Cook and stir for 1 minute. Add whipping cream, mustard, and the remaining tarragon. Cook and stir over medium heat till gravy is thickened and bubbly. Cook and stir for 1 minute more. Season to taste with salt and pepper. Slice meat and serve with gravy. Makes 8 to 10 servings.

Nutrition facts per serving: 298 cal., 16 g total fat (7 g sat. fat), 93 mg chol., 250 mg sodium, 9 g carbo., 1 g fiber, and 27 g pro. Daily Values: 28% vit. A, 4% vit. C, 7% calcium, and 27% iron.

the clever cook™

Each month in this column, you'll find tips from other good cooks. See "Be a Clever Cook" (*right*) to find out how you can earn money for sharing your favorite cooking secrets with us.

Icing for Santa's Boots

Need black icing for accents or lettering on holiday cakes and cookies? Start with some chocolate frosting and then add black food coloring until you get just the right shade. You'll use less color than if you start with white frosting, and your treats won't have that tell-tale food coloring taste.

Terri Newton
Marshall, Texas

Instant Recipe Cards

If you enjoy clipping recipes from magazines, preserve them for years to come by "laminating" them with clear contact paper. The coating will keep the clippings from being torn and make them easier to slide in and out of your recipe box. What's more, you can wipe off any cooking spills.

Lori Lange
Overland Park, Kan.

No-Fuss Deviled Eggs

Take some of the work out of making deviled eggs by putting the yolks and all of the other filling ingredients into a self-sealing plastic bag. Seal the bag and squeeze it until the ingredients are well mixed. Then, snip off a small section of one of the plastic bag's corners and squeeze the filling into the egg white halves.

Kathy D. Long
Franklin, Tenn.

BE A CLEVER COOK

The food editors of *Better Homes and Gardens®* magazine invite you to send us your niftiest kitchen tips. We're looking for original ideas that make cooking easier, more healthful, or more rewarding for you and your family. We will pay $25 for each published tip. Please send tips to: The Clever Cook, BH&G Food Department, 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited for space. All letters become the property of *Better Homes and Gardens®* magazine.

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Holiday Cookies

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SPECIAL BOOK OFFER



75 Years of All-Time Favorites is a warm, inviting, and nostalgic cookbook commemorating 75 years of recipes from the pages of *Better Homes and Gardens®* magazine. You'll find over 200 recipes that we've chosen as the best from the 1920s to today. Each recipe has been tested in the *Better Homes and Gardens* Test Kitchen, with preparation techniques updated. The 320-page hardcover book costs $34.95, which includes shipping, handling, and applicable sales tax.

TO ORDER: Send a check or money order for $34.95 to *Better Homes and Gardens* Reader Shopping Service, Dept. 9711, Box 9128, Des Moines, IA 50306-9128. Mastercard, Visa, and American Express card users may call 800/881-4066.

Chocolate Mint Creams

These cookies have been delighting readers since first appearing in 1985. Look for the mints at candy stores, food gift shops, or department stores.

- 1¼ cups all-purpose flour
- ½ tsp. baking soda
- ⅔ cup packed brown sugar
- 6 Tbsp. butter or margarine
- 1 Tbsp. water
- 1 6-oz. pkg. (1 cup) semisweet chocolate pieces
- 1 egg
- ½ to ¾ lb. pastel cream mint kisses

Stir together flour and baking soda; set aside. In a medium saucepan cook and stir brown sugar, butter or margarine, and water over low heat till butter or margarine is melted. Add chocolate; cook and stir till melted. Pour into a large mixing bowl; let stand for 10 to 15 minutes or till cool.

Using a wooden spoon, beat egg into chocolate mixture. Stir in the flour mixture till well mixed. (Dough will be soft.) Cover and chill for 1 to 2 hours or till easy to handle. Shape into 1-inch balls. Place balls 2 inches apart on ungreased cookie sheets. Bake in a 350° oven for 8 minutes. Remove from oven and immediately top each cookie with a mint kiss. Return to the oven and bake about 2 minutes more or till edges are set. Swirl the melted mints with a knife to "frost" cookies. Transfer cookies to wire racks; let cool till mints are firm. Makes about 48 cookies.

Nutrition facts per cookie: 76 cal., 4 g total fat (2 g sat. fat), 8 mg chol., 34 mg sodium, 10 g carbo., 0 g fiber, and 1 g pro. Daily Values: 1% vit. A, 0% vit. C, 1% calcium, and 2% iron.

Kris Kringles

Orange and lemon peel bring a welcome taste of sunshine to this pick from 1953.

- ½ cup butter or margarine
- ¼ cup sugar
- 1 egg yolk
- 1 tsp. finely shredded lemon peel (set aside)
- 1 tsp. lemon juice
- 1 cup all-purpose flour
- 1 Tbsp. finely shredded orange peel
- Dash salt
- 1 slightly beaten egg white
- ⅔ cup finely chopped walnuts
- 13 whole candied red or green cherries, halved

In a medium mixing bowl beat the butter or margarine with an electric mixer on medium to high speed for 30 seconds. Add the sugar and beat till combined. Beat in egg yolk and lemon juice till combined. Stir in flour, orange peel, salt, and lemon peel. Cover and chill for 1 hour or till easy to handle.

Shape dough into 1-inch balls. Dip balls in egg white and then roll in walnuts. Place on greased cookie sheets. Press a cherry half into each ball. Bake in a 325° oven for 20 minutes or till lightly browned. Transfer cookies to wire racks; let cool. Makes about 26 cookies.

Nutrition facts per cookie: 85 cal., 6 g total fat (2 g sat. fat), 18 mg chol., 46 mg sodium, 8 g carbo., 0 g fiber, and 1 g pro. Daily Values: 3% vit. A, 1% vit. C, 0% calcium, and 2% iron.

Santa's Whiskers

The "whiskers" are the shreds of coconut that give these holiday favorites from 1970 their name.

- ¾ cup butter or margarine
- ¾ cup sugar
- 1 Tbsp. milk
- 1 tsp. vanilla
- 2 cups all-purpose flour
- ¾ cup finely chopped candied red and/or green cherries
- ⅓ cup finely chopped pecans
- ¾ cup shredded coconut

In a large mixing bowl beat the butter or margarine with an electric mixer on medium to high speed for 30 seconds. Add the sugar and beat till combined, scraping side of bowl. Beat in milk and vanilla till combined. Beat in as much of the flour as you can with the mixer. Stir in any remaining flour by hand. Stir in candied cherries and pecans. Shape into two 8-inch-long rolls. Roll in coconut. Wrap in plastic wrap or waxed paper; chill for 2 to 24 hours.

Cut rolls into ¼-inch-thick slices. Place slices 1 inch apart on ungreased cookie sheets. Bake in a 375° oven for 8 to 10 minutes or till edges are golden brown. Transfer cookies to wire racks; let cool. Makes about 60 cookies.

Nutrition facts per cookie: 59 cal., 3 g total fat (2 g sat. fat), 6 mg chol., 24 mg sodium, 8 g carbo., 0 g fiber, and 1 g pro. Daily Values: 2% vit. A, 0% vit. C, 0% calcium, and 1% iron.

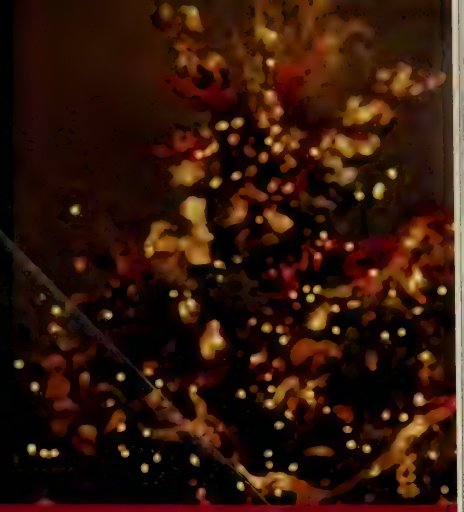
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HOLIDAY RACK OF PORK

nter loin pork roast (4-5 lbs),
e bone removed (trim excess
from loin and all extra meat
rib bones, or ask your butcher
"French" the bones for you)
2 cloves garlic, peeled
coarsely ground pepper

Cut garlic cloves in half, and rub over all surfaces of loin; sprinkle generously with black pepper. Place in preheated 350°F oven, with bones up, on rack in shallow roasting pan. Roast 1 - 1½ hours (about 18-20 minutes per lb.) until meat thermometer placed in center of loin eye reads about 155°F. Remove from oven, let rest 10 minutes. Cut between rib bones to serve. Serves 6.

rmation per 3.5oz. serving: Calories: 234, Protein: 26 g., Fat: 13 g., Sat Fat: 5 g., Cholesterol: 80 mg., Sodium: 63 mg.
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TASTE WHAT'S NEXT
pork
The Other White Meat.



Do at least one thing quickly this holiday season.



Sun-Maid Raisin Rice Pilaf

(Preparation time: 15 minutes)

1 tablespoon butter
½ cup chopped onion
¼ cup slivered almonds
2 cups instant rice (5-minute cook)
1 can (14.5 oz.) chicken broth
¼ cup water
⅔ cup **Sun-Maid® Raisins**
2 teaspoons grated lemon peel
Garnish with chopped fresh parsley

Easy as

1. Melt butter in a saucepan over medium heat. Add onion and almonds, stirring frequently until toasted, 6–7 minutes. Stir in rice.
2. Slowly add broth, water, raisins and lemon peel. Bring to a boil. Cover; remove from heat and let stand 5 minutes or until water is absorbed.
3. Fluff with a fork. Garnish with parsley. Makes 4½ cups.





For more recipes — www.sunmaid.com

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Holiday Cookies

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Chewy Noels

Any holiday message is sweeter when written on these 1970 bar cookies.

⅓ cup all-purpose flour
⅛ tsp. baking soda
⅛ tsp. salt
¾ cup packed brown sugar
1 cup chopped nuts
2 slightly beaten eggs
2 Tbsp. butter or margarine, melted
1 tsp. vanilla
Sifted powdered sugar (optional)
1 recipe Powdered Sugar Icing

Grease and flour an 11x7x1½-inch baking pan. In a medium mixing bowl stir together flour, soda, and salt; stir in brown sugar and nuts. Stir in eggs, melted butter or margarine, and vanilla. Spread in prepared pan.

Bake in a 350° oven for 20 to 25 minutes or till golden brown. Cool in pan on a wire rack. Sift powdered sugar over cookies, if desired. Cut into 24 bars. Fit a pastry bag with a small writing tip and fill with Powdered Sugar Icing. (Or, fill a self-sealing plastic bag with icing and snip off one corner.) Pipe the word "NOEL" on each bar. Makes 24 bars.

Powdered Sugar Icing: In a mixing bowl combine 1 cup sifted powdered sugar, 1 tablespoon milk, and ¼ teaspoon vanilla. Stir in additional milk, 1 teaspoon at a time, to make icing of piping consistency. Tint green with several drops green food coloring.

Nutrition facts per bar: 90 cal., 4 g total fat (1 g sat. fat), 20 mg chol., 35 mg sodium, 12 g carbo., 0 g fiber, and 1 g pro. Daily Values: 1% vit. A, 0 vit. C, 1% calcium, and 2% iron.

Swirled Mint Cookies

From 1985, these dainty cookies make a light finish to a hearty holiday feast.

2 cups all-purpose flour
½ tsp. baking powder
1 cup butter or margarine

1 cup sugar
1 egg
1 tsp. vanilla
½ tsp. peppermint extract
10 drops red food coloring
10 drops green food coloring
Sugar

Stir together flour and baking powder; set aside. In a large mixing bowl beat butter with an electric mixer on medium to high speed for 30 seconds. Add the 1 cup sugar; beat till fluffy. Add egg, vanilla, and extract; beat well. Add flour mixture; beat till well mixed. Divide into three equal portions. Stir red food coloring into one portion, stir green food coloring into another, and leave remaining portion plain. Cover; chill about 1 hour or till easy to handle.

Divide each color of dough into four equal portions. On a lightly floured surface, roll each portion into a ½-inch-diameter rope. Place one red, one green, and one plain rope side by side. Twist together. Repeat with remaining ropes. Chill for 30 minutes. Cut ropes into ½-inch-thick slices for larger cookies or ¼-inch-thick slices for smaller ones. Carefully roll into balls, blending colors as little as possible. Place about 2 inches apart on ungreased cookie sheets. Flatten to ¼-inch thickness with the bottom of a glass dipped in sugar.

Repeat with remaining dough. Bake in a 375° oven till edges are set (allow 8 to 10 minutes for larger cookies; 6 to 8 minutes for smaller ones). Transfer cookies to wire racks; cool. Makes about 72 (2½-inch) or 144 (1¼-inch) cookies.

Nutrition facts per larger cookie: 46 cal., 3 g total fat (2 g sat. fat), 10 mg chol., 29 mg sodium, 5 g carbo., 0 g fiber, and 0 g pro. Daily Values: 2% vit. A, 0% vit. C, 0% calcium, and 1% iron.

Lemon Bars Deluxe

These 1969 classics are updated—less sweet, more lemony.

2 cups all-purpose flour
½ cup sifted powdered sugar
1 cup butter or margarine
4 beaten eggs
1½ cups granulated sugar
1 to 2 tsp. finely shredded lemon peel (set aside)
⅓ cup lemon juice
¼ cup all-purpose flour
½ tsp. baking powder
Powdered sugar

Stir together the 2 cups flour and the ½ cup powdered sugar. Cut in butter or margarine till mixture clings together. Press into the bottom of a 13x9x2-inch baking pan. Bake in a 350° oven for 20 to 25 minutes or till lightly browned.

In a medium mixing bowl beat

continued on page 267




Skip the zip
on my little girl's
sandwich and
give up one of
her bear hugs?
Not
in her
lifetime.
DON'T
SKIP
THE
ZIP
KRAFT
Miracle
Whip

Holiday Cookies

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together eggs, granulated sugar, and lemon juice. Combine the ¼ cup flour and the baking powder; stir into egg mixture along with the lemon peel. Pour over baked crust.

Bake in a 350° oven for 25 minutes more. Cool in pan on a wire rack. Sift additional powdered sugar over top. Cut into bars or into 2x1¾-inch diamonds. Makes 30 bars.

Nutrition facts per bar: 141 cal., 7 g total fat (4 g sat. fat), 45 mg chol., 77 mg sodium, 19 g carbo., 0 g fiber, and 2 g pro. Daily Values: 6% vit. A, 2% vit. C, 1% calcium, and 3% iron.

Cranberry-Pecan Tassies

Tassie is a word the Scottish use for "small cup." This 1978 version contrasts a sweet filling with the tartness of the cranberries.

- 1 3-oz. pkg. cream cheese, softened
- ½ cup butter or margarine, softened
- 1 cup all-purpose flour
- 1 egg
- ¾ cup packed brown sugar
- 1 tsp. vanilla
- Dash salt
- ⅓ cup finely chopped cranberries
- 3 Tbsp. chopped pecans

In a mixing bowl combine cream cheese and butter or margarine. Stir in flour. If desired, cover and chill 1 hour. Shape into 24 balls; place in ungreased 1¾-inch muffin pans. Press dough evenly against bottom and side of each muffin cup.

In a small mixing bowl beat together egg, brown sugar, vanilla, and salt just till smooth. Stir in cranberries and pecans. Spoon into pastry-lined muffin cups. Bake in a 325° oven for 30 to 35 minutes or till pastry is golden brown. Cool in pans on wire racks. Remove from pans by running a knife around the edges. Makes 24 cookies.

Nutrition facts per cookie: 94 cal., 6 g total fat (3 g sat. fat), 23 mg chol., 59 mg sodium, 10 g carbo., 0 g fiber, and 1 g pro. Daily Values: 5% vit. A, 0% vit. C, 0% calcium, and 2% iron.

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Hickory Nut Macaroons

With just three ingredients, these 1925 chewy holiday treats reflect the flavor of whichever nut is used.

- 4 egg whites
- 4 cups sifted powdered sugar
- 2 cups chopped hickory nuts, black walnuts, or toasted pecans

In a large mixing bowl beat egg whites with an electric mixer on high speed till stiff, but not dry, peaks form. Gradually add powdered sugar, about ¼ cup at a time, beating at medium speed just till well combined. Then beat 1 to 2 minutes more or till well combined. By hand, fold in the nuts. Drop mixture by rounded teaspoons 2 inches apart on greased cookie sheets.

Bake in a 325° oven about 15 minutes or till edges are very lightly browned. Transfer cookies to wire racks; let cool. Makes 36 cookies.

Note: It is normal for these cookies to split around the edges as they bake.

Nutrition facts per cookie: 86 cal., 4 g total fat (0 g sat. fat), 0 mg chol., 6 mg sodium, 12 g carbo., 1 g fiber, and 1 g pro. Daily Values: 0% vit. A, 0% vit. C, 0% calcium, and 0% iron.

Mocha Logs

When you're after a cookie with a sophisticated flavor, try these tiny chocolate-dipped logs from 1969.

- 1 cup butter or margarine
- ¾ cup sugar
- 4 tsp. instant espresso coffee powder
- ½ tsp. salt
- ¼ tsp. baking powder
- 1 egg
- 1 tsp. vanilla
- 2⅓ cups all-purpose flour
- 8 oz. semisweet chocolate, melted and cooled
- 1½ cups finely chopped pecans

In a medium mixing bowl beat the butter or margarine with an electric mixer on medium to high speed for 30 seconds. Add the sugar, espresso coffee powder, salt, and baking powder. Beat till combined. Beat in egg and vanilla till combined. Beat in the flour till combined.

Using a star plate in a cookie press, press dough in 3-inch-long strips onto ungreased cookie sheets. Bake in a 375° oven for 10 to 12 minutes. Transfer cookies to wire racks; let cool. Dip ends of cookies in melted chocolate. Sprinkle finely chopped pecans over chocolate. Makes about 72 cookies.

Nutrition facts per cookie: 75 cal., 5 g total fat (2 g sat. fat), 10 mg chol., 43 mg sodium, 7 g carbo., 0 g fiber, and 1 g pro. Daily Values: 2% vit. A, 0% vit. C, 0% calcium, and 2% iron.

Farmyard Friends

Mold a merry menagerie with this peppermint dough from 1992. If dough sticks to fingers, cover and chill till firm.

- 4 cups all-purpose flour
- 1 Tbsp. baking powder
- ¼ tsp. salt
- ¾ cup butter or margarine

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Holiday Cookies

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⅔ cup shortening
1½ cups sugar
2 eggs
1 tsp. peppermint extract
Paste or liquid food coloring

In a medium mixing bowl stir together flour, baking powder, and salt; set aside.

In a large mixing bowl beat the butter or margarine and shortening with an electric mixer on medium to high speed for 30 seconds. Add sugar and beat till fluffy. Add eggs and peppermint extract; beat well.

Beat in as much of the flour mixture as you can with the mixer. Stir in remaining flour mixture by hand (dough should be stiff). Cover and chill dough for at least 2 hours.

To color and shape dough, divide dough into portions—one for each color that you want to use. Knead food coloring into each portion, adding it slowly till dough becomes desired color.

On an ungreased cookie sheet, form dough into animal shapes about ¼ inch thick (see shaping directions, *below*). Working with the dough as you would clay, start by molding the animal's body. Decorate as suggested in the shaping directions. Arrange cookies about 1 inch apart on cookie sheets.

Bake in a 300° oven for 18 to 20 minutes or till edges are firm and cookies look set, but bottoms are not brown. Transfer cookies to wire racks to cool. Makes about twenty-five 3-inch cookies, but yield varies depending on which shapes are made.

Shaping directions for Farmyard Friends cookies

Striped Pig: For the body, flatten a ¾-inch colored ball of dough to about 2½ inches. For the white stripe down the middle of the body, shape a ¾-inch-wide, very thin strip of untinted dough. Roll a small colored ball for head. Use colored and untinted doughs to make legs, tail, ears, eyes, and snout. Attach these pieces by pressing them gently onto the body and head. (For spotted pig, shape body with white dough and add spots with black or other dark-colored dough.)

Roly-Poly Lamb: For the body, roll untinted dough into small balls (varying sizes) and lay on cookie sheet, touching each other. Use a small round ball of tinted dough for head and small ovals for the feet.

Holly Horse: For the body, flatten a 1-inch oval of untinted dough horizontally to about 2½ inches across. For the neck and head, place a heart-shaped piece of dough upside down next to the body. For the neck wreath, twist together two ⅛-inch-thick ropes of colored dough. Use colored and untinted doughs to make legs, tail, mane, spots, and eye. Use the tines of a fork to mark mane and tail.

Lucky Duck: For the body, flatten a ¾-inch oval of dough horizontally to about 2 inches across, shaping the back top corner into a slight point. Attach neck and head in the same color dough. Use two or three different colors of dough for eye, beak, feet, and neck ribbon.

IF YOU USE MARGARINE

For best results when making cookies, use margarine containing at least 80 percent oil. If it's not clear from the front of the box, check the nutrition label; the margarine should have 100 calories per tablespoon. Using low-calorie spreads with less oil can result in tough cookies that spread out excessively, stick to the pan, or don't brown well.

Brown-Sugar Hazelnut Rounds

The robust flavor of the brown sugar in this cookie from 1993 is balanced by the refined taste of the nuts.

1 cup butter
1¼ cups packed brown sugar
½ tsp. baking soda
⅛ tsp. salt
1 egg
1 tsp. vanilla
¾ cup toasted ground hazelnuts (filberts) or pecans
2½ cups all-purpose flour
1 6-oz. pkg. (1 cup) semisweet chocolate pieces
2 Tbsp. shortening
1 recipe Powdered Sugar Icing (optional)
Toasted, finely chopped hazelnuts (filberts) or pecans (optional)

In a large mixing bowl beat butter with an electric mixer on medium to high speed for 30 seconds. Add brown sugar, soda, and salt. Beat till combined, scraping side of bowl.

Beat in egg and vanilla till combined. Beat in ground nuts and as much of the flour as you can with the mixer. Stir in any remaining flour. Divide dough in half and shape into two 10-inch-long rolls. Wrap in plastic wrap or waxed paper; chill 4 to 48 hours.

Cut rolls into ¼-inch-thick slices. Place slices 1 inch apart on ungreased cookie sheets. Bake in a 375° oven for 8 to 10 minutes or till edges are firm. Transfer cookies to wire racks; let cool.

In a small heavy saucepan heat the semisweet chocolate pieces and the shortening over low heat just till melted, stirring occasionally.

Dip half of each cookie into chocolate mixture. Place on waxed paper and let stand till chocolate is set. (Or, drizzle cookies with melted chocolate mixture.) If desired, drizzle with Powdered Sugar Icing and sprinkle with chopped nuts. Makes about 60 cookies.

Powdered Sugar Icing: In a small bowl stir together ½ cup sifted powdered sugar, ¼ teaspoon maple flavoring or vanilla, and enough milk (2 to 3 teaspoons) to make icing of drizzling consistency.

Nutrition facts per cookie: 86 cal., 5 g total fat (2 g sat. fat), 12 mg chol., 48 mg sodium, 9 g carbo., 0 g fiber, and 1 g pro. Daily Values: 3% vit. A, 0% vit. C, 0% calcium, and 2% iron.

continued on page 272


IN THE FUTURE PLEASE USE C&H.
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C&H
CANE SUGAR
Why bake with anything else?

Holiday Cookies

continued from page 270

Scandinavian Almond Bars

These bars first appeared in 1985.

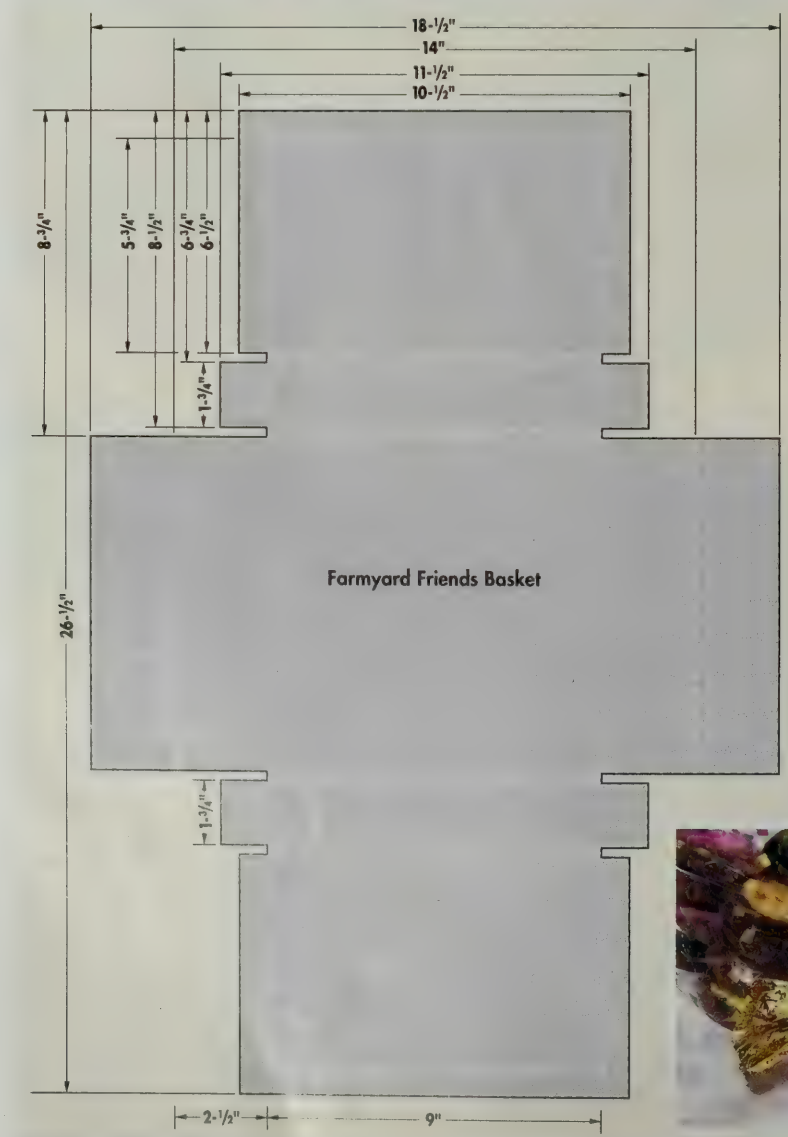
- 1¾ cups all-purpose flour
- 2 tsp. baking powder
- ½ cup butter or margarine
- 1 cup sugar
- 1 egg
- ½ tsp. almond extract
- Milk
- ½ cup sliced almonds, coarsely chopped
- 1 recipe Almond Icing (optional)

Stir together flour, baking powder, and ¼ teaspoon salt; set aside. In a large mixing bowl beat butter or margarine with an electric mixer on medium to high speed for 30 seconds. Add sugar and beat till well combined. Add egg and almond extract and beat well. Add flour mixture; beat till well mixed.

Divide dough into four equal portions. Form each into a 12-inch-long roll. Place two rolls 4 to 5 inches apart on an ungreased cookie sheet. Using your hands, flatten each till 3 inches wide. Repeat with remaining rolls on another cookie sheet. Brush flattened rolls with milk and sprinkle with almonds. Bake in a 325° oven for 12 to 15 minutes or till edges are lightly browned. While cookies are still warm and soft on the cookie sheet, cut them crosswise at a diagonal into 1-inch-wide strips. Transfer strips to wire racks; let cool. Drizzle with Almond Icing, if desired. Makes 48 cookies.

Almond Icing: In a small mixing bowl stir together 1 cup sifted powdered sugar, ¼ teaspoon almond extract, and enough milk (3 to 4 teaspoons) till of drizzling consistency.

Nutrition facts per cookie: 58 cal., 3 g total fat (1 g sat. fat), 10 mg chol., 47 mg sodium, 7 g carbo., 0 g fiber, and 1 g pro. Daily Values: 1% vit. A, 0% vit. C, 1% calcium, and 1% iron.





1

Cookie Packaging Ideas

1) For a unique cookie basket, start with a 36x12-inch rectangle of ⅛- or ¼-inch hardware cloth (wire mesh, which is available at a hardware store). Using tin snips, cut to dimension of diagram (*left*). Wire will have sharp points. Carefully fold as shown in diagram. Fill the basket with a layer of paper "straw," and nestle Farmyard Friends cookies on the "straw." Bring top together and secure with book rings, decorative closures, or thin wire. Top with a large bow.

2) Tuck a plate of cookies into a decorative plastic or cellophane bag and tie the bag with gold foil ribbon. Trace around a star cookie cutter onto white corrugated cardboard. Cut out the star and tie the star onto the package. Voilà—a gift that's sure to please anyone on your gift list.



2

A Delicious Change of Pace.



The bold taste of Pace, a touch of tang and a little something sweet come together for a lip-smackin' new way to do chicken your whole gang'll eat up. Texas Two-Step Chicken Picante. It's easy as one, two.

Texas Two-Step Chicken Picante

Prep time: 5 min. **Cook time: 20 min.**

1 1/2 cups Pace® Picante Sauce (Mild, Medium or Hot)
3 Tbsp. packed light brown sugar
1 Tbsp. Dijon-style mustard
4 boneless, skinless chicken breasts
3 cups hot cooked rice

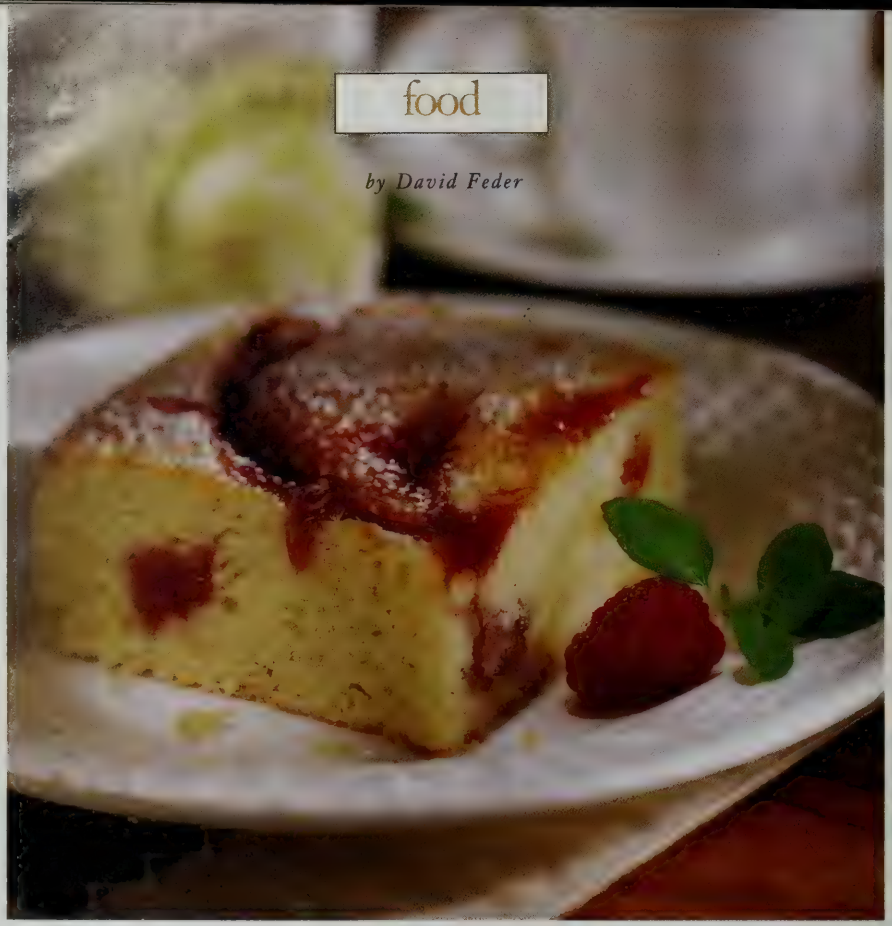
Step 1. Mix picante sauce, sugar and mustard. Place chicken in 2-qt. shallow baking dish. Pour picante sauce mixture over chicken.
Step 2. Bake at 400°F. for 20 min. or until chicken is done. Serve with rice. Serves 4.



Pace
Tops Everything

97 CSC.
www.pacefoods.com

by David Feder



Cream Cheese and Raspberry Coffee Cake

We've featured a lot of coffee cakes over the past 75 years, but this recipe from a decade ago creates a stir wherever it's served.

The buzz from our readers is that it was always destined to become a classic. They praise its versatility, saying they've served it at all kinds of events, from afternoon teas to wedding receptions.

One enthusiastic fan claims this cake freezes well, but there's no guarantee of leftovers: Few people can resist second helpings while this dessert is still warm from the oven.

Cream Cheese and Raspberry Coffee Cake

You can readily change the flavor of this time-honored recipe by substituting different fruit preserves—such as strawberry or blackberry—for the raspberry.

- 1 8-oz. pkg. cream cheese or reduced-fat cream cheese (Neufchâtel), softened*
- 1 cup granulated sugar
- ½ cup butter or margarine, softened*
- 1¾ cups all-purpose flour
- 2 eggs
- ¼ cup milk
- ½ tsp. vanilla
- 1 tsp. baking powder
- ½ tsp. baking soda
- ¼ tsp. salt
- ½ cup seedless raspberry preserves
- Sifted powdered sugar

In a large mixing bowl beat cream cheese, granulated sugar, and butter or margarine with an electric mixer on medium speed till fluffy. Add half of the flour, the eggs, milk, vanilla, baking powder, baking soda, and salt.

Beat for about 2 minutes or till well mixed. Beat in remaining flour on low speed till well mixed. Spread batter evenly in a greased and floured 13x9x2-inch baking pan. Spoon preserves in 8 to 10 portions on top of batter. With a knife, swirl preserves into batter to marble.

Bake in a 350° oven for 30 to 35 minutes or till a wooden toothpick comes out clean. Cool slightly on a wire rack. Sift powdered sugar atop. Cut into squares; serve warm. Garnish with fresh mint and raspberry, if desired. Makes 24 servings.

**Note:* Do not use fat-free cream cheese; also, use real butter or margarine, not a spread.

Nutrition facts per serving: 157 cal., 8 g total fat (3 g sat. fat), 28 mg chol., 144 mg sodium, 20 g carbo., 0 g fiber, 2 g pro. Daily Values: 9% vit. A, 0% vit. C, 2% calcium, 4% iron.

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Baker's® One Bowl™ German Sweet Chocolate Brownies

Prep: 15 minutes Bake: 35 minutes

1 pkg. (4 oz.) BAKER'S GERMAN'S® Sweet Baking Chocolate
1/4 cup (1/2 stick) butter or margarine
3/4 cup firmly packed brown sugar, divided
2 eggs
1/2 cup flour
1 cup chopped pecans or walnuts, divided, optional*
1 1/3 cups (3 1/2 oz.) BAKER'S ANGEL FLAKE® Coconut
1/4 cup milk

• **HEAT** oven to 350° F (325° F for glass baking dish). Grease bottom and sides of 8-inch square pan.

• **MICROWAVE** chocolate and butter in large microwavable bowl on HIGH 1 1/2 minutes or until butter is melted. Stir until chocolate is completely melted. (Or melt chocolate and butter in small heavy saucepan over low heat, stirring constantly until chocolate is melted and smooth.)

• **STIR** 1/2 cup of the brown sugar into chocolate until well blended. Mix in eggs. Stir in flour and 1/2 cup of the pecans until well blended. Spread in prepared pan.

• **MIX** coconut, remaining brown sugar and pecans in same bowl. Stir in milk until well blended. Spoon evenly over brownie batter.

• **BAKE** 35 minutes or until toothpick inserted in center comes out with fudgy crumbs. DO NOT OVERBAKE. Cool in pan. Makes 16 fudgy brownies.

*If omitting nuts, increase coconut to 2 2/3 cups (one 7-oz. pkg.)

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A Round of Squash


Acorn Squash Muffins


Candied Butternut Squash


Autumn Pumpkin Risotto

by David Feder

Pumpkins may be the most famous of fall and winter squashes, but they're only the tip of the crop. Dozens of varieties of squash are available, all with subtleties of flavor as interesting as their myriad shapes.

Don't write these squashes off as just more pretty faces: Squashes are superb sources of fiber, vitamins A and C, and minerals such as iron and calcium. Expanding your squash horizons is easy: Just switch the different types of squash in your favorite recipes.

Candied Butternut Squash

Any winter squash can be used with this recipe, but you'll love the satiny texture of butternut squash.

- 3 medium butternut squash (about 4½ lb. total)
- ⅓ cup packed brown sugar
- 2 Tbsp. molasses
- 2 Tbsp. margarine or butter, softened
- 1 tsp. finely shredded orange peel
- ½ tsp. ground cinnamon
- ¼ tsp. ground cloves
- Brown sugar (optional)
- Ground cloves (optional)
- Orange peel curls (optional)

Scrub squash; halve lengthwise and remove seeds. Place halves, cut side up, in a large roasting pan. In a mixing bowl combine sugar, molasses, margarine or butter, orange peel, cinnamon, and cloves. Spoon mixture into squash halves. Bake, covered, in a 350° oven for 40 minutes. Stir sugar mixture; uncover and bake 15 minutes more or till squash is tender. Sprinkle with additional brown sugar and ground cloves, and garnish with orange peel curls, if desired. Makes 6 side-dish servings.

Nutrition facts per serving: 189 cal., 4 g total fat (2 g sat. fat), 10 mg chol., 53 mg sodium, 41 g carbo., 6 g fiber, and 2 g pro. Daily Values: 181% vit. A, 64% vit. C, 10% calcium, and 14% iron.

continued on page 280

NEW!

ere Centura
r Cookware
Clear features a
™ bottom with
red glass covers.

overed saucepan
steamer insert
overed saucepan
overed stockpot
open skillet



There's only one place to go for gifts like these. Fortunately, it's not the North Pole.



NEW!

Revere Centura Cookware

Revere Centura features a Copper Clad bottom with steam venting covers.

2 Qt. covered saucepan
2 Qt. steamer insert
3 Qt. covered saucepan
6 Qt. covered stockpot
9" open skillet

Wal-Mart is the only place you'll find Revere Centura and Revere Centura Clear cookware sets this holiday season. Both sets are durable stainless steel with a 25-year limited warranty. Each set features the new contemporary-looking Centura phenolic handle that stays cooler on the rangetop and is heat tolerant in the oven up to 350° F.

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A Round of Squash

continued from page 278

Autumn Pumpkin Risotto

A side dish of sumptuous risotto makes an alluring companion for slow-roasted meat dishes or holiday turkey.

- 1½ cups fresh pumpkin or winter squash, peeled, seeded, and cubed
- ½ cup chopped peeled parsley root or parsnip
- ¼ cup chopped hazelnuts
- ¼ tsp. ground white pepper
- 2 Tbsp. cooking oil
- ⅔ cup Arborio or medium-grain rice
- 1 14½-oz. can reduced-sodium chicken broth
- ¼ cup water
- 2 tsp. snipped fresh chervil or parsley
- 1 tsp. grated fresh gingerroot
- Fresh chervil or parsley sprigs



In a medium saucepan cook and stir pumpkin, parsley root or parsnip, hazelnuts, and pepper in hot oil for 5 minutes. Stir in rice and cook for 3 minutes more, stirring often. Stir in broth and water and bring just to boiling. Reduce heat and simmer, covered, for 25 minutes, stirring occasionally.

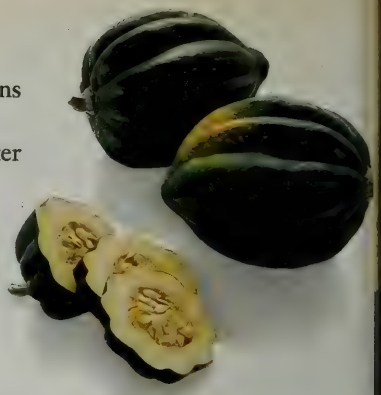
Remove from heat and gently stir in chervil or parsley and grated gingerroot; let stand, covered, for 10 minutes. Rice should be tender but firm and mixture should be slightly creamy. Serve garnished with chervil or parsley sprigs. Makes 4 to 6 side-dish servings.

Nutrition facts per serving: 263 cal., 12 g total fat (2 g sat. fat), 0 mg chol., 296 mg sodium, 35 g carbo., 3 g fiber, and 5 g pro. Daily Values: 31% vit. A, 16% vit. C, 4% calcium, and 13% iron.

Acorn Squash Muffins

Acorn squash gives these muffins a delicate flavor and texture. Freeze extras, tightly wrapped in foil, and reheat when desired (see reheat directions, above right).

- 1⅔ cups all-purpose flour
- 2 tsp. baking powder
- 1¼ tsp. ground cinnamon
- ½ tsp. ground allspice
- ¼ tsp. salt
- 2 beaten eggs
- 1 cup mashed cooked acorn, butternut, or other squash (one 12-oz. squash)
- ¾ cup maple or maple-flavored syrup
- ⅓ cup cooking oil
- 1 tsp. vanilla
- ½ cup chopped pecans
- ½ cup raisins
- Margarine or butter (optional)



Lightly grease eighteen 2½-inch muffin cups; set side. In a large bowl stir together flour, baking powder, cinnamon, allspice, and salt; make a well in the center and set aside.

In a medium bowl combine the eggs, squash, syrup, cooking oil, and vanilla. Add the egg mixture all at once to the flour mixture; stir till just moistened. (Batter should be lumpy.) Fold in the pecans and raisins.

Fill each muffin cup about three-fourths full with batter (about 3 tablespoons). Bake in a 375° oven 18 to 20 minutes or till a wooden toothpick inserted near the center of one muffin comes out clean. Serve warm with margarine or butter, if desired. Makes 18 muffins.

Reheating directions: Place foil-wrapped frozen muffins in a 300° oven for 15 to 18 minutes or till muffins are heated through. To reheat in a microwave oven, unwrap frozen muffins and place on a microwave-safe plate. Heat, uncovered, on high till muffins are just warmed through, allowing about 10 seconds per muffin.

Loaf pan directions: Follow batter directions, except grease the bottom and ½-inch up the sides of an 8x4x2-inch loaf pan. Pour batter into prepared pan. Bake in a 350° oven for 55 to 60 minutes or till a wooden toothpick inserted near center comes out clean. Cool 10 minutes; remove from pan. Makes 12 to 16 servings.

Nutrition facts per muffin: 154 cal., 7 g total fat (1 g sat. fat), 24 mg chol., 96 mg sodium, 22 g carbo., 1 g fiber, and 2 g pro. Daily Values: 5% vit. A, 2% vit. C, 4% calcium, and 5% iron.

continued on page 283

Roast Those Seeds

Roasting pumpkin seeds after carving is a fall tradition. Did you know you can do that with any squash seeds? Simply rinse the seeds under running water to clean off the attached pulp, shake off excess water, and spread on a lightly greased baking sheet.

If desired, let stand for 24 to 48 hours to dry. Lightly salt and bake in a 350° oven for 15 minutes or till browned. Roasted squash seeds are an excellent high-protein snack.



Your favorite American recipes have been around for over a hundred years. Here's an update.



Thursday
Nov. 20

Friday
Nov. 21

Thursday
Nov. 27 Thanksgiving Day

Friday
Nov. 2



A Round of Squash

continued from page 280



Squared Away on Squashes

Here are a few of the many varieties of squash you can find from early fall through winter.

Turban—These handsome squashes (*left*) do indeed look like turbans. They have a buttery flavor and slightly floral aroma.



Hubbard—The rough-skinned Hubbard (*right*) has a thick, orange pulp. Quarter, season, and bake, covered, for best results.

Banana—This red-orange giant (*left*) has a flavor and texture similar to the butternut squash. Peel, cut into slices, and steam it. Then brush with margarine or butter and grill.



Buttercup—Similar to an acorn squash, the buttercup (*right*) is rounder and larger. Prepare this great green globe the same way you would a hubbard squash or an acorn squash.



Spaghetti—When cooked, the inside pulp of this oblong yellow squash (*left*) really does resemble spaghetti. Toss with a little tomato sauce, grab a fork, and twirl away.



Acorn—An annual holiday favorite, the acorn squash (*right*) has a soft and sweet golden flesh. This small squash is the perfect size for single servings.



Butternut—The cooked pulp of this beige, bottle-shaped squash (*left*) is very smooth. Steam it and mash it with a little olive oil, margarine, or butter for rich flavor. Or, use it to make a delectable soup.



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by David Feder



Step-By-Step Bagels

The aroma of baking bagels is like no other freshly baked bread: malty and bold, yet rich and comforting. And the taste—Oy, the taste! Crunch into a bagel warm from the oven and the flavor permeates your soul.

The bagels most of us are familiar with come presliced, packaged, and frozen. When it's so easy to buy a mediocre bagel, making fresh bagels may seem like a job strictly for the pros. Not so! Here's a bagel recipe with step-by-step instructions (see photos, *page 286*) to fill your home with that great bagel aroma.

Basic Bagels

The secret to making a classic, chewy bagel is to boil it before baking.

- 4¼ to 4¾ cups bread flour
- 1 pkg. active dry yeast
- 1½ cups warm water (120° to 130°)
- 3 Tbsp. sugar
- 1 tsp. salt
- ¼ cup semolina or cornmeal

Preparing the Dough: In a large mixing bowl combine 2 cups of the flour and the yeast. Add the water, sugar, and salt. Beat with an electric mixer on low to medium speed for 30 seconds. Beat on high speed for 3 minutes. By hand, stir in as much remaining flour as you can.

Turn dough onto floured surface. Knead in enough remaining flour to make a moderately stiff, smooth, and elastic dough (6 to 8 minutes). Divide dough into 12 portions and shape into smooth balls. Cover dough and let rest for 10 minutes. Meanwhile, lightly grease a baking sheet.

Step 1: Working quickly, punch a hole in the center of each ball.

Step 2: Pull center of dough gently and evenly to make a 2-inch hole. Place on baking sheet; cover and let rise 20 minutes (start timing after the first bagel is shaped).

While bagels are rising, in a 12-inch skillet bring 6 cups of water to boiling. Preheat broiler.

Step 3: Broil bagels 5 inches from heat 3 to 4 minutes, turning once (tops should not brown). Turn off broiler; preheat oven to 375°.

Step 4: Lower six bagels, one at a time, into boiling water. Reduce heat and simmer, uncovered, for 7 minutes, turning once.

Remove bagels with slotted spatula; set on paper towels. Repeat with remaining bagels.

continued on page 286

Sure, the turkey is the main course. But everyone ooh's and aah's over the side dishes.



Nobody will notice the turkey when it's surrounded by Whipped Sweet Potatoes, Glazed Apples with Cranberries, or any of Stouffer's Holiday Family Style Favorites side dishes. Maybe the turkey should be called the side dish.



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Stouffer's

From The Reynolds Kitchens

Reynolds Oven Bags are a faster way to a better turkey.



TWO-AT-ONCE ROASTED TURKEY BREAST

1 Reynolds® Oven Bag, turkey size (19" x 23½")
1 tablespoon flour
2 medium onions, cut in eighths
4 stalks celery, sliced
2 bone-in turkey breasts (4 to 8 pounds each)
Vegetable oil
Seasoned salt
Pepper

PREHEAT oven to 350°F.
SHAKE flour in Reynolds Oven Bag; place in roasting pan at least 2 inches deep.
ADD vegetables to oven bag. Rinse turkey breasts; pat dry. Brush with oil; sprinkle with seasoned salt and pepper. Place turkey breasts in oven bag on top of vegetables.
CLOSE oven bag with nylon tie; cut six ½-inch slits in top. Insert meat thermometer through slit in oven bag into thickest part of turkey breast, not touching bone.
BAKE until meat thermometer reads 170°F, 1½ to 2 hours. For easy slicing, let stand in oven bag 10 minutes.

Makes 8 to 20 servings.

Reynolds
Making good food better.

Bagels *continued from page 284*









4-STEP BAGELS

1. Flour your hands and form dough into balls. Punch a hole in the center of each ball.
2. Roll your fingers through the hole. Widen the hole by gently stretching it with your thumb.
3. Broil the bagels 5 inches from heat for 3 to 4 minutes to set the shape.
4. Lower bagels one at a time into boiling water. Boil uncovered for 7 minutes, turning once.

Sprinkle clean baking sheet with semolina or cornmeal. Place bagels on baking sheet. Bake in a 375° oven for 25 minutes or till golden. Cool on a wire rack. Makes 12 bagels.

Nutrition facts per basic bagel: 189 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 179 mg sodium, 39 g carbo., 2 g fiber, 6 g pro. Daily Values: 0% vit. A, 0% vit. C, 0% calcium, 14% iron.

Flavor Variations:

Onion or Garlic Bagels: Prepare as directed, except stir 2 tablespoons dried minced onion or 2 to 3 teaspoons dried minced garlic into flour mixture. Soak additional dried onion or garlic in water; drain and sprinkle on tops of bagels before baking.

Nutrition facts per onion bagel: 192 cal., 1 g total fat.

Dill Bagels: Prepare as directed, except stir 2 to 3 teaspoons dried dillweed into the flour mixture.

Nutrition facts per dill bagel: 190 cal., 1 g total fat.

Poppyseed Bagels: Prepare as directed, except stir 2 tablespoons poppyseed into the flour mixture. Sprinkle tops of bagels with additional poppyseed before baking, if desired.

Nutrition facts per poppyseed bagel: 197 cal., 1 g total fat.

Sesame Bagels: Prepare the bagel dough as directed; stir 2 tablespoons toasted sesame seed into the flour mixture. Before baking, sprinkle tops of bagels with additional toasted sesame seeds.

Nutrition facts per sesame bagel: 197 cal., 2 g total fat.

The Reynolds Kitchens Home Economists

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Win Money

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One Annual Grand Prize:
General Electric Profile Appliances
(refrigerator, dishwasher, microwave oven, and range or cooktop/oven; approximate retail value: $5,000)

Monthly Prizes:
Two $400 winners, Two $200 winners, Ten $50 honor rolls

June 1998 Categories

Cool Summer Main Dishes: It's time to relax with some soothingly cool suppers. Tell us about a special chilled main dish you serve at suppertime to keep your family from wilting on those hot days.

Incredible Berries: Sweet summer berries are beckoning to be plopped into a pie, tucked into a tart, tossed in a salad, or blended into a smoothie. Use one type of berry or a combination in a unique way to tantalize our judges.

This Month's Winners—Pages 295 and 296

$400 Winners: Miriam Baroga, Fircrest, Wash.; Jan Curry, Raleigh, N.C.

$200 Winners: Loanne Chiu, Fort Worth, Texas; Janice Elder, Charlotte, N.C.

$50 Honor Roll Winners: Ellen Burr, Truro, Mass.; Kathleen Callahan, Wrentham, Mass.; Laura Gleason, Watertown, N.Y.; Arden Harrison, Shorewood, Minn.; Lisa J. Hill, Sulphur, La.; Juanita B. Hutto, Richmond, Va.; Joyce M. Johnson, Chevy Chase, Md.; Margaret Maples, Gold River, Calif.; June Gale Rhodes, Tallahassee, Fla.; Marilou Robinson, Portland, Ore.

Contest Rules: 1. The contest is open to legal U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and their immediate families. 2. With each entry, clearly print or type your name, address, phone number, and recipe marked "June Cool Summer Main Dishes" or "June Incredible Berries." Specify brands and recipe origin. 3. Address recipes to 9806 Food Department, *Better Homes and Gardens®*, Des Moines, IA 50309-3023. 4. Entries must be postmarked by November 22, 1997, and received by November 29, 1997. 5. Monthly winners will be selected about 60 days later, then notified by mail. Winners must sign affidavit and release. The annual grand prize winner will be selected from 1998 top winners on or about October 1, 1998, and will be notified by mail. The grand prize winner will choose up to $5,000 worth of General Electric Profile appliances from a local dealer at the dealer's then-current retail prices. Any applicable sales tax, delivery charges, or additional costs will be included in the $5,000 prize. Cash will not be offered in lieu of prizes. 6. Entries must be your original recipes. No previously published recipes. They will be judged on creativity, taste, and practicality by *BH&G®* editors. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use winner's name and hometown for editorial and promotional purposes, except where prohibited by law.

Nutrition Information

HOW TO MAKE IT WORK FOR YOU

With each recipe, we give important nutrition information. The calorie count of each serving and the amount, in grams, of fat, saturated fat, cholesterol, sodium, carbohydrates, fiber, and protein will help you keep tabs on what you eat.

You can check the levels of each recipe serving for vitamin A, vitamin C, calcium, and iron. These are noted in percentages of the Daily Values. The Daily Values are dietary standards determined by the Food and Drug Administration (FDA).

How we analyze

We omit optional ingredients from the analysis. The analysis is calculated using two-percent milk.



Our seal assures you that every recipe has been tested in the *Better Homes and Gardens®* Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

When ingredient choices appear in a recipe (such as margarine or butter), we use the first one mentioned for analysis. The ingredient order does not mean we prefer one ingredient over the other.

We use the first serving size listed when a range is given.

What you need

Calories: About 2,000
Total fat: Less than 65 grams
Saturated fat: Less than 20 grams
Cholesterol: Less than 300 milligrams
Carbohydrate: About 300 grams
Sodium: Less than 2,400 milligrams
Dietary fiber: 20 to 30 grams

Use our analyses to chart the nutrition value of the foods you eat. The dietary guidelines above suggest the levels of nutrients that moderately active adults should strive to eat each day. There is no real harm in going over or under these guidelines in any single day, but it is a good idea to aim for a balanced diet over time.

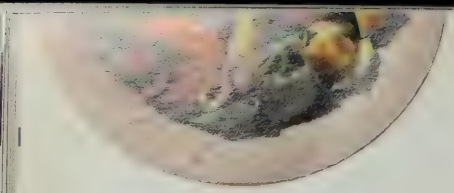
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Tortellini Salad With Shrimp

1 package (9 oz.) fresh cheese-filled spinach tortellini
2 small zucchini, sliced
2 small tomatoes cut into wedges
1 **can** (7 oz.) artichoke hearts, drained and quartered
1 **can** (3 1/2 oz.) sliced ripe olives, drained
1 pound shrimp, cooked, peeled and deveined
1/2 cup chopped fresh basil leaves
Italian Herb Dressing (recipe follows)
Grated Parmesan cheese

Italian Herb Dressing

In a small bowl wisk together 3/4 cup olive oil; 1/4 cup red wine vinegar; 1 clove garlic minced; 1/4 teaspoon dried tarragon leaves. Season with salt and cracked black pepper to taste. Makes about 1 cup.

Cook tortellini as package directs; drain. In a large bowl gently toss all ingredients, including dressing. As a final step, sprinkle with Parmesan.

Makes 4 main-dish servings (about 8 cups).

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Steel Packaging Council



Festive Turkey Fixings

What You Need to Know

The aroma of a roasting turkey drifting gently from a warm kitchen signals the beginning of the holidays. To make sure your turkey does its part in getting the season off to a delicious start, follow these steps.

Buying: With birds that weigh 12 pounds or less, allow 1 pound per adult family member. With birds that weigh more than 12 pounds, count on 3/4 pound for each serving. If you're serving boneless turkey breast, figure 1/2 pound per person. To allow for plenty of leftovers, calculate the size bird you need, then buy one that is 2 to 4 pounds larger.

Some turkeys are labeled "hen" or "tom," indicating the sex. Buy a hen if you want more white meat, a tom if you want more dark meat.

In the store, look for the "sell by" date on the label of fresh turkey. This date is the last day the turkey should be sold by the retailer. (This year, Thanksgiving falls on November 27.) The unopened turkey should maintain its optimal quality and be safe to use for 1 or 2 days after the "sell by" date.

For frozen turkey products, look for packaging that is clean, undamaged, and free of frost.

Thawing Safely: Allow plenty of time to thaw the bird. For a whole frozen turkey, leave the bird in its wrapping and place on a tray in the refrigerator for 2 to 5 days. Plan on at least 24 hours for every 5 pounds. And remember, don't count the day you will be roasting the bird. (For a 12-pound turkey, you would need to start thawing the bird Monday night if you were going to roast it on a Thursday.) Thawed birds will keep 1 or 2 days in the refrigerator.

If your turkey is not completely thawed on the day you plan to roast it, place the bird in a clean sink full of cold water. Change the water every 30 minutes. Do not thaw at room temperature or in warm water; those

continued on page 292



What's In A Can Will Surprise You.

What's In A Can Will Surprise You.

The tortellini came from an Italian Market. The shrimp from the Gulf of Mexico. And the artichoke hearts are from somewhere quite unexpected.

You probably think that the succulent, pale green artichoke hearts that come from a can could only be the product of someone's imagination. But the fact is, today's modern steel can has proven to be one of the best ways to preserve the taste and nutrition that nature



gives to over 1500 different foods. So try the recipe on the opposite page for Tortellini Salad with Shrimp, and make sure that the artichoke hearts come from a can. You just may find them to be the tastiest you've ever speared with a fork.

PLEASE RECYCLE STEEL

STEEL PACKAGING COUNCIL. AMERICAN IRON AND STEEL INSTITUTE.

Festive Turkey Fixings

continued from page 290



Photo 1: To seal in stuffing or vegetables, pull the neck skin to the back and fasten with a short skewer. Photo 2: Tie the drumsticks to the tail so they cook evenly. Photo 3: Place a meat thermometer in the center of an inside thigh muscle so the tip does not touch the bone.

methods will allow harmful bacteria to grow quickly to dangerous levels.

The bird is thawed and ready for roasting if the giblets can be removed easily, and there are no ice crystals in the interior cavity. If the center is still frozen, the bird will cook unevenly. After thawing, remove the giblets and neck. Rinse bird and pat dry with paper towels.

Safe Stuffing: If you don't have an accurate meat thermometer, consider cooking the stuffing in a covered casserole alongside the bird. Mix the stuffing just before you stuff and roast the bird.

To stuff, first measure out the amount of stuffing that will go into the bird, allowing ¾ cup per pound of bird. (That's 9 cups for a 12-pound bird.) Release drumsticks from band of skin, unhooking the tail or leg clamp if one is provided. The clamp may be removed if you prefer not to use it. Spoon some stuffing loosely into neck cavity. Pull the neck skin over stuffing; fasten to back with a short skewer.

Loosely spoon stuffing into the body cavity; do not pack or stuffing won't be fully cooked by the time the turkey is done. Spoon any remaining stuffing into a casserole; cover and chill till ready to bake. (If you prefer not to stuff your turkey, place quartered onions and celery in the body cavity to add flavor to drippings. Pull the neck skin to back; fasten with a short skewer.) Tuck the drumsticks under the band of skin that crosses the tail or reset into leg clamp. If there isn't a band or if you've removed clamp, tie drumsticks with kitchen string to tail. Twist wing tips under the back.

Oven Roasting: Place oven rack in its lowest position and preheat oven to 325°F. Place turkey, breast side up, on a rack in a shallow pan. To enhance browning, brush with cooking oil. Place a meat thermometer in the center of an inside thigh muscle. Cover turkey loosely with foil, pressing it over drumsticks and neck. Roast, using timings in chart (*below*) as a guide. During roasting, baste with drippings occasionally, if desired, for added browning.

When bird has been in the oven for two-thirds of the time shown on the chart, cut skin or string between drumsticks. Remove foil the last 30 to 45 minutes. When done, the thigh meat should be 180° and the stuffing should be at least 165°. Check with a meat thermometer. The temperature will rise about 5° after the bird comes out of the oven.

When the turkey is done, the drumsticks should move very easily in their sockets and their thickest parts should feel soft when pressed. In addition, juices from the thigh should run clear when pierced deeply with a long-tined fork. Remove the turkey from the oven and cover loosely with foil. Let stand for 20 minutes. Cut band of skin or string holding legs or release legs from leg clamp. To avoid burns or splatters, do not remove clamp until bird has cooled. Remove stuffing before carving.

Leftovers: Do not allow turkey to remain at room temperature more than 2 hours after it comes out of the oven. Cooked turkey and stuffing may be refrigerated, separately, up to 2 days.

STUFFED WHOLE TURKEY ROASTING GUIDE

Ready-to-cook turkey weight	Oven temperature	Roasting time
8 to 12 lbs.	325°	3 to 3½ hours
12 to 14 lbs.	325°	3½ to 4 hours
14 to 18 lbs.	325°	4 to 4¼ hours
18 to 20 lbs.	325°	4¼ to 4¾ hours
20 to 24 lbs.	325°	4¾ to 5¼ hours

For unstuffed turkeys of the same weight, reduce the total cooking time by 15 to 30 minutes.

TURKEY QUESTIONS?

Get answers to your turkey roasting questions, a holiday planner, and recipes by visiting our Internet site at http://www.bhglive.com. Or, call any of the following hot lines during the holiday months: Meat and Poultry Hot Line: 800/535-4555 (or in Washington D.C. call 202/720-3333); Butterball Turkey-Talk Line: 800/323-4848 (800/833-3848 for individuals with hearing or speech impairments); and Reynolds Turkey Tips Line: 800/745-4000.



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PRIZE TESTED RECIPE

see page 288 for details



$400 WINNER

Miriam Baroga, Fircrest, Wash., in the Holiday Food Gifts category.
November 1997

Orange-Cappuccino Creams

As holiday gifts, these mocha-orange confections are sure to be a sweet success.

- 1½ lb. white chocolate, chopped
- ½ cup whipping cream
- 1 Tbsp. finely shredded orange peel
- 1 Tbsp. orange liqueur or orange juice
- 1 tsp. orange extract
- ½ cup finely chopped walnuts
- About 72 small paper or foil candy cups (1¼- to 1½-inch size)
- ¼ cup whipping cream
- 4 tsp. instant espresso coffee powder or instant coffee crystals
- 8 oz. semisweet chocolate
- White chocolate curls (optional)
- Orange peel (optional)

For filling, in a large saucepan combine white chocolate, the ½ cup whipping cream, orange peel, orange liqueur or juice, and orange extract. Stir over low heat till white chocolate is just melted. Remove from heat and stir in walnuts. Cool slightly.

Place mixture in a disposable heavy plastic bag, making a small opening at one bottom corner. Squeeze mixture through hole in bag to fill candy cups about two-thirds full. (Or, use a small spoon instead of bag to fill cups.) Chill in refrigerator 20 minutes.

In a medium saucepan heat the ¼ cup whipping cream and espresso powder or coffee crystals over low heat till dissolved. Add semisweet chocolate, stirring over low heat 3 to 4 minutes or till chocolate melts. Spoon ½ teaspoon of semisweet chocolate mixture onto each white chocolate cream. If desired, top with white chocolate curls and orange peel. Store in refrigerator; serve at room temperature. Makes about 72 creams.

Nutrition facts per candy: 84 cal., 5 g total fat (3 g sat. fat), 7 mg chol., 11 mg sodium, 8 g carbo., 0 g fiber, 1 g pro. Daily Values: 1% vit. A, 0% vit. C, 1% calcium, 0% iron.

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PRIZE TESTED RECIPE

see page 288 for details



$400 WINNER

Jan Curry Raleigh, N.C., in the Champion Chilies category.
November 1997

Vegetable Chili with Cheese Topping

A cheddar-chive cream cheese topping adds a soothing counterpoint to this spunky chili.

- Nonstick spray coating
- 1¼ cups finely chopped zucchini (1 medium)
- ¾ cup finely chopped carrot (1 large)
- 2 Tbsp. chopped green onion
- 2 cloves garlic, minced
- 2 15-oz. cans hot-style chili beans in chili sauce
- 2 14½-oz. cans diced tomatoes
- ¼ cup catsup
- 1 Tbsp. unsweetened cocoa powder
- 1 tsp. chili powder
- 1 tsp. ground cumin
- 1 tsp. bottled hot pepper sauce
- ¼ tsp. dried oregano, crushed
- ½ of an 8-oz. tub cream cheese with chives and onion
- 2 Tbsp. milk
- ½ cup shredded cheddar cheese (2 oz.)
- Green onion strips (optional)

Spray a large saucepan with nonstick spray. Cook zucchini, carrot, green onion, and garlic in saucepan over medium heat for 2 minutes. Add undrained chili beans, undrained tomatoes, catsup, cocoa powder, chili powder, cumin, hot sauce, and oregano. Heat to boiling; reduce heat and simmer, uncovered, for 45 minutes or till desired consistency, stirring occasionally. Season to taste with salt and pepper.

Meanwhile in a small bowl, stir together flavored cream cheese and milk till smooth. Stir in cheddar cheese. Ladle chili into bowls. Spoon a little cream cheese mixture onto each serving of chili. Garnish with green onion strips, if desired. Makes 6 servings.

Nutrition facts per serving: 281 cal., 13 g total fat (5 g sat. fat), 30 mg chol., 1,183 mg sodium, 39 g carbo., 5 g fiber, and 13 g pro. Daily Values: 69% vit. A, 48% vit. C, 17% calcium, and 26% iron.

RIZE TESTED RECIPES

e page 288 for details

$200
INNER

Loanne Chia, Fort Worth, Texas, in the Champion Chilies category.
November 1997



ndo-Texan Curry Chili

Madras curry powder, found in shops carrying Indian food, adds an extra kick.

- 2 lb. coarsely ground beef
- 4 cloves garlic, minced
- 1 Tbsp. hot Madras curry powder or salt-free curry seasoning blend or curry powder
- 2 tsp. ground coriander
- 1 tsp. ground cumin
- 1 tsp. finely shredded lemon peel
- 2 cups chopped red sweet pepper
- 1 15-oz. can tomato puree
- 2 10-oz. cans diced tomatoes and chilies
- 1 10½-oz. can condensed beef broth
- 1 cup canned unsweetened coconut milk
- ¼ cup catsup
- Hot cooked rice
- Snipped basil (optional)
- Fresh basil sprigs (optional)

In a 4-quart pot cook ground beef and garlic till meat is brown. Drain fat. Stir in curry owder, coriander, cumin, and lemon peel till well combined. Stir in red pepper, tomato uree, tomatoes and chilies, beef broth, coconut milk, and catsup. Bring to boiling; educe heat. Simmer, uncovered, 1½ hours or till desired consistency. Ladle chili in owls over hot cooked rice. If desired, garnish with snipped basil and basil sprigs. Serve ith chopped peanuts, raisins, and chutney, if desired. Makes 6 servings.

Nutrition facts per serving: 511 cal., 23 g total fat (12 g sat. fat), 95 mg chol., 923 mg odium, 42 g carbo., 3 g fiber, and 34 g pro. Daily Values: 42% vit. A, 140% vit. C, 6% alcium, and 46% iron.

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PRIZE TESTED RECIPES

see page 288 for details

$200
WINNER

Janice Elder, Charlotte, N.C., in the Holiday Food Gifts category.
November 1997



Asian Pickled Carrots

Using packaged baby carrots makes it convenient to create this colorful food gift.

- 1 16-oz. bag baby carrots
- 1 tsp. salt
- ¼ cup peeled and julienned fresh gingerroot
- 3 whole allspice
- ¾ cup water
- ¾ cup rice vinegar
- ⅓ cup packed brown sugar
- 4 whole cloves
- 4 whole peppercorns

Cook carrots and salt, covered, in a small amount of boiling water for 3 minutes or till crisp-tender. Drain and place in 3 clean half-pint jars. Place some of the gingerroot and one whole allspice in each jar.

In a medium saucepan combine water, vinegar, brown sugar, cloves, and peppercorns. Bring mixture to boiling; reduce heat and simmer, uncovered, for 5 minutes. Pour over carrots. Seal jars and refrigerate for up to 3 months. Makes 3 half-pints (about 6 appetizer servings per half-pint).

Nutrition facts per serving: 18 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 135 mg sodium, 5 g carbo., 1 g fiber. Daily Values: 56% vit. A, 0% vit. C, 0% calcium, 1% iron.



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It could run circles around cranberry sauce.

Spiced Cranberry Orange Mold

PREP TIME: 15 minutes

1 ½ cups boiling water
1 pkg. (8-serving size) or 2 pkg. (4-serving size) JELL-O® Brand Cranberry Flavor Gelatin Dessert*
½ tsp. ground cinnamon
1 can (16 oz.) whole berry cranberry sauce
1 cup cold water
1 orange, sectioned, diced
½ cup chopped walnuts

STIR boiling water into gelatin and cinnamon in large bowl at least 2 minutes until completely dissolved. Stir in cranberry sauce until melted. Stir in cold water. Refrigerate about 1½ hours or until thickened (spoon drawn through leaves definite impression). **STIR** in orange and walnuts. Spoon into 5-cup mold. **REFRIGERATE** 4 hours or until firm. Unmold. Garnish as desired. Store leftover gelatin mold in refrigerator. Makes 10 servings. **UNMOLDING:** Dip mold in warm water for about 15 seconds. Gently pull gelatin from around edges with moist fingers. Place moistened serving plate on top of mold. Invert mold and plate; holding mold and plate together, shake slightly to loosen. Gently remove mold. Center gelatin on plate. *Or use JELL-O Brand Cranberry Flavor Sugar Free Low Calorie Gelatin Dessert.



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Page 264

Cranberry Holiday Mold

Prep: 5 minutes. Refrigerate: 5½ hours

- 2 cups boiling water
- 1 8-serving size pkg. or 2 4-serving size pkgs. JELL-O Brand Cranberry Flavor Gelatin Dessert, or any red flavor
- 1½ cups cold ginger ale, lemon-lime carbonated beverage or water
- 2 cups halved green and/or red seedless grapes
- 1 11 oz. can mandarin orange segments, drained

In large bowl stir boiling water into gelatin at least 2 minutes until completely dissolved. Stir in cold ginger ale. Refrigerate about 1½ hours or until thickened (spoon drawn through mixture leaves definite impression). Stir in fruit. Spoon into 6-cup mold.

Refrigerate 4 hours or until firm. Unmold. Garnish as desired. Store leftover gelatin mold in refrigerator. Makes 10 servings.

Jelly Belly® Holiday Mix

- 1 tablespoon sugar
- 1 teaspoon ground cinnamon
- 2 cups prepared air-popped popcorn
- 1 cup bite-size crispy wheat square cereal
- Nonstick spray coating
- ½ cup seedless raisins
- 2½ cups Jelly Belly jelly beans (mixture of Coconut, Very Cherry and Green Apple flavors)
- 2 cups fat-free mini pretzel twists

In a small bowl combine sugar and cinnamon. In a large bowl combine popcorn, cereal, and raisins. Spray popcorn mixture 5 seconds with cooking spray; quickly toss with sugar/cinnamon mixture, Jelly Belly jelly beans and pretzels. Store in covered container. Makes 8 cups.

Nutty Mini-Footballs

- 3 tablespoons margarine
- 1 10 oz. package (about 40) regular marshmallows or
- 4 cups miniature marshmallows
- ½ cup peanut butter
- 6 cups Kellogg's® Rice Krispies® cereal
- Prepared vanilla frosting
- Nonstick cooking spray

1. Melt margarine in large saucepan over low heat. Add marshmallows and stir until completely melted. Remove from heat. **2.** Mix peanut butter into the marshmallow mixture. **3.** Add Kellogg's® Rice Krispies® cereal. Stir until well coated. **4.** Shape mixture into sixteen 3-inch footballs. **5.** Use prepared vanilla frosting to pipe on markings and stitching. Makes 16 mini-footballs.

Marshmallow Creme Directions: Melt margarine in large saucepan over low heat. Add one 7 oz. jar marshmallow creme and stir until smooth. Cook and stir constantly 5 minutes longer. Remove from heat. Continue as directed in step 2.

Microwave Directions: Microwave margarine and marshmallows at HIGH 2 minutes in microwave-safe bowl. Stir to combine. Microwave at HIGH 1 minute longer. Stir until smooth. Add cereal. Stir until well coated. Shape as directed in step 4 .

Libby's Famous Pumpkin Pie

- ¾ cup sugar
- ½ teaspoon salt
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon ground cloves
- 2 eggs
- 1 15 oz. can (1¾ cups) LIBBY'S Solid Pack Pumpkin
- 1 12 ounce can (1½ cups) CARNATION Evaporated Milk
- 1 9-inch (4 cup volume) unbaked deep-dish pie shell

In a small bowl combine sugar, salt, cinnamon, ginger, and cloves. In a large bowl beat eggs lightly. Stir in pumpkin and sugar-spice mixture. Gradually stir in evaporated milk. Pour into pie shell.

Bake in 425° oven for 15 minutes. Reduce temperature to 350°; bake for 40 to 50 minutes more or until knife inserted near center comes out clean. Cool on wire rack for 3 hours. Serve immediately or chill. (Do not freeze.) Makes 8 servings.

Nature's Turkey Meatball Stew

- 1 lb. ground turkey
- ⅓ cup dry bread crumbs
- 1 egg
- 6 tablespoons water
- 1 tablespoon Worcestershire sauce
- 1 medium onion, chopped (about 1 cup)
- ½ cup finely chopped parsley
- 3 cloves garlic, minced
- 1 teaspoon Nature's Seasons® seasoning blend
- ½ teaspoon Morton® Seasoned Salt
- ¼ teaspoon dried oregano, crushed
- ¼ teaspoon dried basil, crushed
- Dash ground cayenne pepper

In a bowl mix all ingredients thoroughly; shape into twenty 1½ inch meatballs. Cover, refrigerate at least 1 hour to develop flavors.

- ¼ cup vegetable oil
- 2 cups sliced leeks
- 8 oz. mushrooms, sliced (about 3 cups)
- 2 cups baby carrots
- 1½ cups frozen pearl onions
- 1 15½ oz. can tomato sauce



- ¼ cup water
- 1 teaspoon Nature's Seasons® seasoning blend
- ¼ teaspoon Morton® Seasoned Sa
- 1 bay leaf
- Pinch dry oregano
- Hot cooked rice

In 10-inch skillet over medium brown meatballs on all sides in 3 t spoons of the oil. Drain. Heat remai tablespoon oil; stir in vegetables and 6 minutes, stirring frequently. Sti tomato sauce, water, and meatballs. Nature's Seasons seasoning bl Morton Seasoned Salt and remai spices; cover and cook 25 to 30 mir or until vegetables are crisp tender. over hot cooked rice. Stew may accompanied by salad and crisp Makes 8 servings.

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RoTel Spice Cake

PAM® No Stick Cooking Spray
10 oz. can RoTel® Diced Tomatoes and Green Chilies
cups all-purpose flour
teaspoons baking powder
teaspoon ground nutmeg
teaspoon ground cinnamon
teaspoon each ground allspice, cloves, ginger, and salt
cup dark raisins
cup golden raisins
cup butter
cups sugar
eggs
tablespoons finely shredded lemon peel
teaspoon vanilla
Powdered sugar



eat oven to 350°. Spray an 8x8x2-inch pan with PAM. Drain RoTel atoes, reserving liquid. In a large bowl stir ther flour, baking powder, nutmeg, amon, allspice, cloves, ginger, and In a separate bowl toss dark and golden ns with ¼ cup flour mixture; set aside. mixing bowl beat butter and sugar l light and fluffy. Beat in eggs and rved tomato liquid. Stir in flour ture, raisins, RoTel Diced Tomatoes, on peel and vanilla. Pour into pan; 50 to 55 minutes or until a wooden hpick inserted near center comes out n. Cool in pan 10 minutes on wire . Remove from pan; cool completely top side up. Sift powdered sugar over Makes about 6 servings.

Apricot Glazed Chicken

1 4 to 5 lb. roasting chicken
1 cup seedless red or green grapes
¼ cup honey, divided
1 16 oz. can apricot halves
¼ cup butter or margarine, melted
2 teaspoons seasoned salt
¼ teaspoon pepper
½ cup dry white wine or chicken broth
Grape clusters and fresh herbs for garnish (optional)



Rinse chicken in cold water and pat dry with paper towels. Toss 1 cup grapes with 2 tablespoons of the honey in a small bowl. Place grapes in body cavity. Tie legs close to body and fold wing tips back or secure with skewers or cotton string. Place chicken, breast side up, on a rack in roasting pan.

Drain apricot halves, reserving ¼ cup syrup. Set aside 6 halves for garnish. Puree remaining apricots in blender or food processor with melted butter, seasoned salt, pepper, and remaining 2 tablespoons honey. Brush over chicken. Pour wine and ¼ cup apricot syrup in bottom of pan. Cover chicken loosely with tented foil.

Roast in 350° oven for 1¼ to 2 hours or until chicken is tender and thermometer inserted in thigh registers 180°. Baste occasionally with pan drippings to glaze. Remove foil during last 30 minutes of roasting. Serve chicken on platter; garnish with clusters of grapes, apricot halves and fresh herbs, if desired. Makes 6 to 8 servings.

Honeysuckle White Marinated Roast Turkey

⅔ cup lemon juice or vinegar
⅔ cup cooking oil
¼ cup water
1 tablespoon sugar
1 tablespoon finely chopped onion
2 teaspoons salt
1½ teaspoons dried tarragon, crushed
1 teaspoon dried rosemary, crushed
1 teaspoon paprika
½ teaspoon hot pepper sauce
1 Honeysuckle White Turkey
Lemon peel
Whole sprigs of fresh rosemary

To prepare marinade: In a mixing bowl, combine lemon juice, oil, water, sugar, onion, salt, tarragon, dried rosemary, paprika, and hot pepper sauce. Beat with whisk or rotary beater till thoroughly combined.

To prepare turkey: Remove giblet package and neck from turkey and refrigerate. Rinse inside and outside of turkey with cold water. Drain well and pat dry with paper towels. Place uncooked turkey, breast down, in roasting pan. Stuff cavity with lemon peel and whole sprigs of fresh rosemary. Pour marinade over turkey. Cover; let marinate overnight in the refrigerator, turning bird several times.

To cook: Drain marinade. Turn turkey breast side up and place on a wire rack in the roasting pan. Roast in a 325° oven according to the chart on the Honeysuckle White Turkey package. When turkey is golden brown, cover with a loose tent of aluminum foil to prevent over-browning. During the last hour before turkey is due to be done, begin checking the pop-up timer and baste turkey every 15 minutes until done. (Inside thigh meat should register 180° to 185° on a meat thermometer.) Remove turkey from oven. Let stand 15 to 20 minutes before carving.

Sun-Maid Raisin Rice Pilaf

Prep: 15 minutes



1 tablespoon butter
½ cup chopped onion
¼ cup slivered almonds
2 cups instant rice (5-minute cook)
1 14 ½ oz. can chicken broth
¼ cup water
⅔ cup Sun-Maid® Raisins
2 teaspoons finely shredded lemon peel
Snipped fresh parsley

In a medium saucepan melt butter over medium heat. Add onion and almonds stirring frequently, 6-7 minutes or until toasted. Stir in rice.

Slowly add broth, water, raisins, and lemon peel. Bring to a boil. Cover; remove from heat and let stand 5 minutes or until water is absorbed.

Fluff with a fork. Garnish with parsley. Makes 4½ cups.

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food

Olive Oil for Baking

Olive oil is the new princess of the pantry—the oil that kicks in with intense flavor and boasts bragging rights to health benefits. We've learned to love it spritzed on salads and drizzled over fettuccine. We dunk our bread in it in lieu of butter.

No need to stop at the tabletop. This versatile oil wins bonus points for baking, too. Italian cooks have been producing breads and desserts this way for centuries. Now, with light-flavored olive oils on the market, stateside bakers can reap the benefits and bypass the signature intensity if they choose. Because olive oil is a monounsaturated fat, it lowers the cholesterol and saturated fat content of baked goods when filling in for margarine or butter.

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Olive oils that are labeled extra-light have been filtered to remove both the characteristic aroma and the taste of regular olive oil, so they are suitable for a variety of baked goods. These lighter-flavored oils are excellent in sponge cake, carrot cake, fruit and nut breads, waffles, and muffins, where you won't notice their presence. Flavors vary from brand to brand and by country of origin, so purchase small bottles and sample until you settle on a favorite.

How to Use

You can easily substitute olive oil for another liquid fat (such as cooking oil or melted margarine, butter, or shortening) in baking recipes.

To convert recipes that call for melted butter or margarine, you may replace ¼ cup butter or margarine with 3 tablespoons olive oil; ½ cup butter or margarine with ¼ cup plus 2 tablespoons olive oil; and 1 cup butter or margarine with ¾ cup olive oil. For recipes that call for amounts smaller than ¼ cup, use one-for-one substitutions to avoid baked goods that are tough.

In recipes calling for melted shortening or cooking oil, make a direct substitution with the olive oil.

Olive oil can be stored at room temperature for up to 6 months or in the refrigerator for up to 1 year. But once you discover this fat's success in baking, fat chance the oil will last that long.

NEW

NordicTrack Reinvents Exercise

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Two decades ago, NordicTrack looked at fitness from a new point of view and conceived our famous cross country ski machines. Today, from that same visionary perspective comes the new Ellipse. Now, where there was straight and narrow, there's natural human motion that's better for your body. Where there was harmful impact, now there is virtually none. What was complicated is now as easy as breathing. And where there was only a half a workout, now there's total body fitness. Innovative. Effective. Ellipse – just what you'd expect from America's Fitness Leader.

Exercise That's Fun is Exercise That Gets Done

Despite all the good intentions in the world, it's difficult to exercise if it's not enjoyable. Now there's a new exercise machine that you'll love to use – and use often. There's no learning curve, coordination or fancy moves required. Your workout is virtually as easy as putting one foot in front of the other – just like walking or jogging – without the harsh realities of concrete.

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Stress the Positive with Energy to Spare

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food

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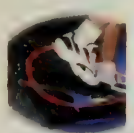
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Raisin Ribbon Bars



- ½ cup butter or margarine, softened
- ⅔ cup firmly packed brown sugar
- ½ cup all-purpose flour
- 1½ cups oats
- 1 cup chopped Diamond® Walnuts
- 1 cup Sun•Maid® Raisins
- ½ cup jam or preserves, any flavor

1 Heat oven to 375°. Beat together butter and brown sugar. Stir in flour, oats and walnuts. Reserve 1 cup for topping. Press remaining oat mixture into lightly greased 8-inch square pan.

2 Combine raisins and jam. Spread to within ½ inch of edges. Sprinkle with reserved oat mixture; press lightly.

3 Bake for 25 to 30 minutes. Makes 20 bars.



Apple Raisin Cobbler Pie



- 2 cans (20-oz. each) apple pie filling
- 1 cup Sun•Maid® Raisins
- ¼ teaspoon ground nutmeg
- ⅓ cup all-purpose flour
- ¼ cup packed brown sugar
- 3 tablespoons melted butter or margarine
- ¾ cup chopped Diamond® Walnuts
- 1 (6-oz.) Keebler® Ready Crust® Shortbread Pie Crust

1 Heat oven to 375°. Combine apple filling, raisins and nutmeg. Spoon into crust. Combine flour and sugar; cut in butter until crumbly. Stir in walnuts; sprinkle over filling.

2 Bake 35 to 45 minutes or until topping is golden. Makes 1 pie.





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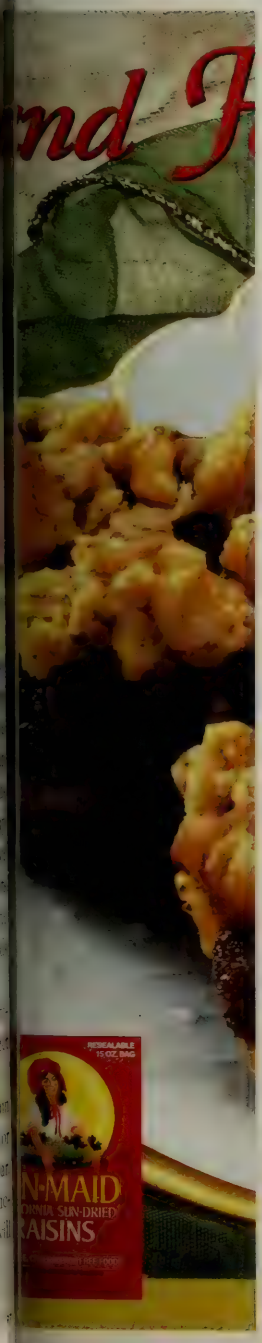
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Lemony Raisin Bars



- 2 cups Sun•Maid® Raisins
- 1 (14-oz.) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
- 1 tablespoon lemon juice
- 1 tablespoon grated lemon rind
- 1 cup butter or margarine, softened
- 1⅓ cups firmly packed brown sugar
- 1½ teaspoons vanilla extract
- 1 cup all-purpose flour
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 2½ cups oats
- 1 cup chopped Diamond® Walnuts

1. Heat oven to 375°. In saucepan, combine raisins, sweetened condensed milk, lemon juice and lemon rind. Cook and stir over medium heat just until bubbly. Cool slightly.
2. In bowl, combine butter, brown sugar and vanilla; beat well. Add flour, baking soda and salt; mix well. Stir in oats and walnuts.
3. Reserve *2 cups* oat mixture for topping. Press remaining mixture into 13x9-inch greased pan. Spread raisin mixture to within ½ inch of edges. Sprinkle with reserved oat mixture; press lightly.
4. Bake 25 to 30 minutes or until golden brown. Cool. Makes 48 bars.



Reduced Fat Cherry Cheese Pie



- 1 (6-oz.) Keebler® Ready Crust® Reduced Fat Graham Cracker Pie Crust
- 1 (8-oz.) package ⅓ less fat cream cheese
- 1 (14-oz.) can Eagle® Brand Fat Free Sweetened Condensed Skimmed Milk (NOT evaporated milk)
- ⅓ cup lemon juice
- 1 teaspoon vanilla extract
- 1 (21-oz.) can cherry pie filling, chilled

1. With mixer, beat cream cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Stir in lemon juice and vanilla.
2. Pour into crust; chill 4 hours or until set.
3. Top with pie filling before serving. Makes 1 pie.





For information on **KitchenAid**® *mixing tools and to receive $10 off a portable appliance, call 1-800-541-6390.*

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food

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Ripieno di Salsicce

MADE BETTER BY BERTOLLI.

A splash of Bertolli transforms traditional holiday dishes into inspirational, festive events.

And since olive oil has no cholesterol, you can enjoy the unique flavor of Bertolli everyday, making all your meals a special occasion.

No wonder, after 130 years, Bertolli is still the best-loved olive oil in Italy, and America.

Ripieno di Salsicce

1-1/2 lbs. (6 links) sweet or hot (or half of each) Italian sausage (casings removed)
2/3 cup Bertolli Classico Olive Oil
2 cups chopped onion
1 cup chopped celery
1 Tbsp. finely chopped garlic
1 tsp. each dried oregano, thyme and rosemary or 1 Tbsp. dried Italian seasoning
8 cups corn bread stuffing
1/2 cup grated Parmesan cheese
1/2 cup marinated sun-dried tomatoes, drained and cut into 1/4-inch strips
1/2 cup chopped fresh Italian (flat leaf) parsley
1 to 1-1/2 cups chicken broth
Freshly ground black pepper

1. Cook the sausage in a large skillet, breaking into small pieces with a spatula, until browned, about 15 min. Transfer to a strainer to drain off fat. Wipe skillet clean. Add the olive oil, onion and celery to skillet. Cook, stirring, over medium low heat until the vegetables are tender, but not browned, about 15 min. Add the garlic and dried herbs; cook 1 min.

2. Remove skillet from heat. Add browned sausage, corn bread, cheese, sun-dried tomatoes, parsley and a generous grinding of black pepper. Add the broth; stir to combine. Cool.

3. When ready to roast turkey, lightly spoon cooled stuffing into neck and body cavities. Use metal skewers to secure openings. Roast turkey at 350°F until thoroughly cooked (approximately 20-25 min. per lb. or until meat thermometer, inserted in meatiest part of thigh, reads 180°F). Extra stuffing can be baked separately in a covered baking dish, until heated, about 30 min.

Preparation time: 15 minutes
Cooking time: 30 minutes
Makes about 16 cups stuffing

Seasoned Bertolli Turkey Basting Mixture
Combine 1/2 cup Bertolli Classico Olive Oil, 1/2 tsp. each dried oregano, thyme and rosemary or 1-1/2 tsp. dried Italian seasoning and 2 garlic cloves, crushed through a press. Brush the surface of the turkey evenly with part of the basting mixture. While turkey roasts, baste frequently with pan juices and Bertolli Turkey Basting Mixture.

Turkey Roasting Tip
Stuff the turkey just before roasting. **Never** refrigerate a stuffed, raw turkey.

Estimate approximately 1/2 cup of stuffing for each pound of turkey.



RECIPE BOOK OFFER!

To get your Bertolli Olive Oil Recipe Book containing 25 delicious recipes and money-saving coupons, send $2.00, check or money order, for postage and handlir to: Bertolli Nutrition Center, P.O. Box 2001BH, Grand Rapids, MN 55745-2001.



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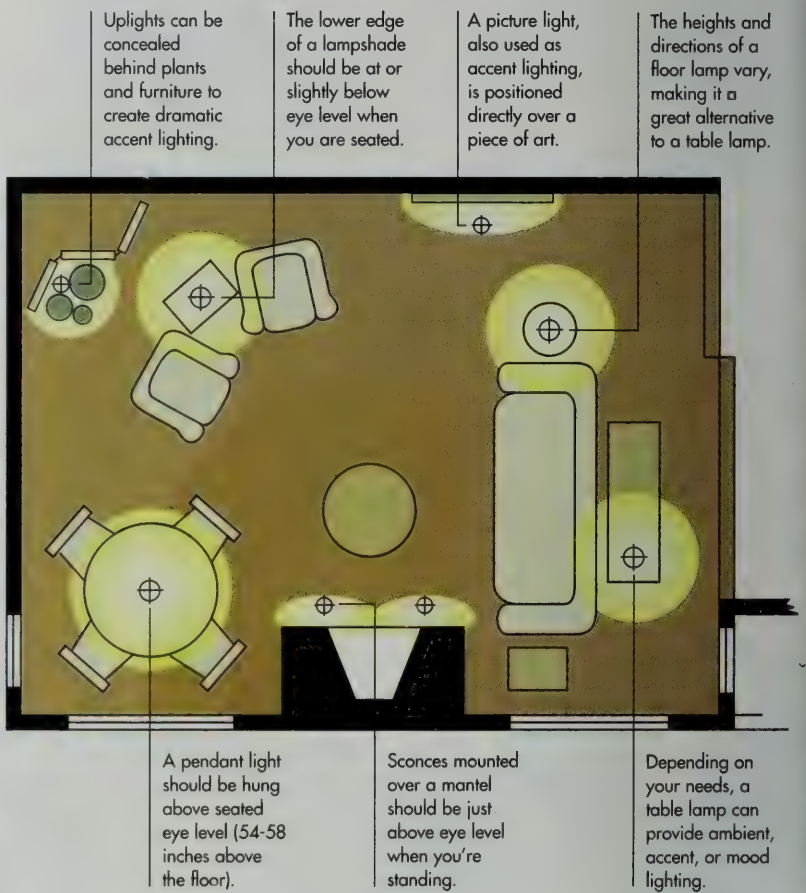
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Let There Be Light



A well-balanced lighting plan is more than a single light fixture centered on the ceiling or a pair of lamps plopped on either side of a sofa. Instead, an effective plan consists of four essential elements: ambient, task, accent, and mood lighting.

- Ambient lighting is glare-free, indirect lighting that literally bounces off the walls and ceiling to provide comfortable background illumination. An even distribution is key: You don't want overly bright or shadowed areas. Some of the best general light sources are recessed and track lighting.
- Task lighting provides needed illumination for particular duties—from reading and writing to cooking and cleaning. It is shadow-free but should focus on the job at hand. Task lighting includes under-counter and reading lamps.
- Accent lighting is purely decorative and includes everything from floor-based uplights and torchères to sconces and direct spotlights. Accent lighting draws attention to a room's interesting features, whether artwork or an architectural element. The right accent light doubles the drama in a room.
- Mood lighting most often comes from flexible light sources. For example, a dimmer switch—on everything from chandeliers to track lighting—can change the mood of a room in minutes.



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Unbelievable fresh-baked taste.

(In your grocer's freezer. Really!)

It's not surprising that a half-human, half-bat creature eats Freschetta Pizza.
In fact, Freschetta's incredible rising crust is preferred by 9 out of 10 unexplained phenomena.

food

This Stuffing isn't Stuffy



Some people prefer the drumstick, some the wing. Then there are those who head straight for the stuffing. They'll tell you that stuffing need not be stuffy. Instead of the usual bread, this recipe uses bulgur wheat, a traditional Middle Eastern grain.

Bulgur Wheat Stuffing

Originally a recipe for goose, this aromatic blend works well in turkey.

- 3 cups chicken broth
- 1½ cups bulgur wheat
- 1½ cups dried apricots, snipped
- 1 cup pitted dates, snipped
- 2 to 3 tsp. snipped fresh rosemary or ½ to ¾ tsp. dried rosemary, crushed
- 2 tsp. shredded orange peel
- 1½ tsp. snipped fresh thyme or ½ tsp. dried thyme, crushed
- ¼ to ½ tsp. crushed red pepper
- ¼ tsp. salt
- 2 Tbsp. cooking oil
- 1 large onion, chopped
- 1 medium carrot, finely chopped

In a saucepan bring broth to boiling. In a large mixing bowl combine bulgur, apricots, dates, rosemary, orange peel, thyme, pepper, and salt.

Pour hot broth into bulgur mixture and stir; let stand for 30 minutes or till liquid is absorbed. In a small saucepan heat oil; cook onion and carrot for 5 minutes. Cool slightly; stir into bulgur mixture. Rinse poultry; pat dry with paper towels.

Loosely stuff body of bird with stuffing mixture. Makes about 7 cups of stuffing, enough for one 9- to 12-lb. turkey or two 5- to 6-lb. geese.

Note: Place any remaining stuffing in a casserole, cover and chill; add to oven during last 30 to 45 minutes of roasting time. Or, use a microwave-safe casserole and cook on high (100% power) for 5 to 8 minutes or till heated through.

Nutrition facts per ½-cup serving: 152 cal., 3 g total fat (0 g sat. fat), 0 mg chol., 212 mg sodium, 31 g carbo., 6 g fiber, and 4 g pro. Daily Values: 21% vit. A, 2% vit. C, 1% calcium, and 9% iron.

Stuffing Reminders:

Remember these safety tips from the United States Department of Agriculture (USDA) when you're stuffing poultry:

- Prepare stuffing immediately before using in bird. Don't place the stuffing in the bird till just before roasting. (Ingredients may be assembled ahead of time and kept covered in the refrigerator, but keep wet and dry ingredients separate.)
- Don't pack the bird; a loose stuffing cooks more thoroughly. (The USDA suggests ¾ cup stuffing per pound of poultry.)
- Don't roast stuffed poultry at oven temperatures lower than 325°
- The temperature of the meat should reach 180°, as measured by a meat thermometer inserted into the inner thigh of the bird. The stuffing temperature, measured from the center, should reach at least 165°.


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by Steve Cooper

A Bath For Hectic Mornings

Placing a bathtub in a peninsular platform is rare, but it adds a practical touch to the formality of this his-and-hers bathroom design.

Visitors first notice the bathroom's lap-of-luxury style. But it's the peninsula tub and double-doorway entrance that set this bathroom apart from the ordinary. These two elements allow harmony to reign as two hurried homeowners prepare for their days.

Each partner has a door; one passage leads to a toilet room, tub, and a vanity surrounded by storage, while the second door leads to the other side of the tub, a shower, and a matching vanity. The room's entrance is grand. But the space is only 15 feet wide, which is big but not palatial.



Transparent art glass (*right*) and pocket doors help open up views between the bathroom and bedroom, so neither area feels small and compartmentalized. At 11×15 feet, this bathroom is slightly wider than it is deep.



A slim storage tower was fitted onto the end of the marble vanity counter (*right*), which adds to space for toiletries already available in base cabinet drawers. The peninsula tub setup opens space for additional cabinetry.





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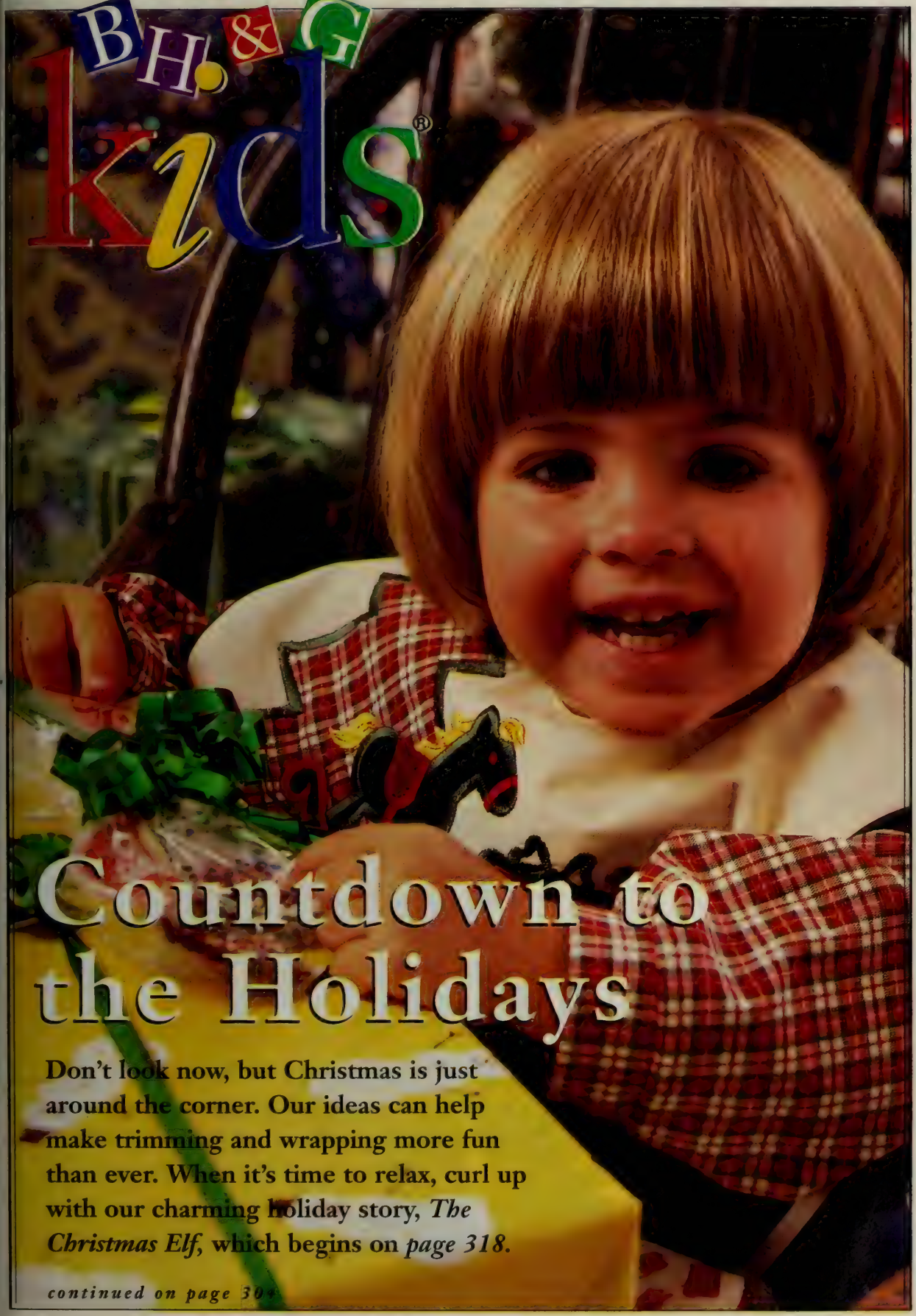


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Countdown to the Holidays

Don't look now, but Christmas is just around the corner. Our ideas can help make trimming and wrapping more fun than ever. When it's time to relax, curl up with our charming holiday story, *The Christmas Elf*, which begins on *page 318*.

continued on page 304

Trimming the tree

BH&G kids

continued from page 303



Have a ball

Deck the halls with jolly balls you've personalized yourself. Purchase plain glass or plastic ball ornaments and decorate with fabric paints. These make special gifts for a teacher, a best buddy, or a baby's first Christmas.

Chain of cones

Your homespun garland will be a treasure for years to come.

see page 311 for instructions

Sparkly icicles

Kids will go loopy making this simple adornment.

see page 312 for instructions

continued on page 308

MOST PARENTS OF BED WETTERS THINK THERE IS VERY LITTLE THEY CAN DO TO HELP.

Some 3 million children—10% of all kids between nd 10—wet the bed twice a week or more. If ır child is in school, chances are at least two of classmates are in the same leaky boat. No ld should ever feel alone with this problem. t, of course, they do.

The good news: More is known than ever ore that can help. Once, the only sure cure was ıe. 99.9% of our children leave this problem he dust as they grow. And now there are some ys you can give time a hand.

THE BEST BEGINNING

For starters, pediatricians know a lot more ut the causes of "enuresis" (that's the official dical name for it) than they used to.

Doctors today deal with this problem all the ıe. They have new techniques and sometimes dicines that can help manage bed-wetting, ot eliminate it altogether.

Another advance since *we* were kids: Dispos- e, absorbent underpants are now made for ger children, 45 to 85+ pounds. By helping our ldren sleep dry, these pants take a lot of the ess and stress" out of bed-wetting. Especially the kids themselves.

TOMORROW CAN BE DIFFERENT

Thousands of families like yours now count on se disposable underpants, created by the makers Pull-Ups® training pants.

Pull-Ups GoodNites® absorbent underpants minate the rubber sheets and the laundry and ich of the stress that make nighttime accidents o a bigger deal than they really are, and make r children feel small. Smaller than they really are.

GoodNites look a lot like plain white under- nts, except slightly thicker. They come in two es and even have a label in the back. The trim fit ps GoodNites underpants vanish discreetly der pyjamas, while the super absorbent middle is ready, just in case. In every detail, the GoodNites people have done everything possible to make these absorbent underpants respect our kids like the grownups they soon will be.

THE WAY THINGS SHOULD BE

If GoodNites underpants are new to you, now is the time to try them. You will rejoice that you did. Thousands more families every month are having success with GoodNites.

GoodNites are not a miracle, but there's nothing else like them. They help families keep bed-wetting in perspective. They help make dry mornings in crisp clean sheets routine. And make sleepovers and other normal, healthy, everyday kid things routine, too. The way they should be.

THESE BOOKLETS REALLY HELP

GoodNites underpants were developed with the help of pediatricians and other childhood specialists. You'll find much of their good advice in these little booklets. There's one for parents, and one to help your child be part of the solution, too. For copies, please send $1 for postage & handling to: GoodNites Guides, P.O. Box 1165, Maple Plain, MN 55592.



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continued from page 304



Stitched sentiments

You can whip up a treeful of these ornaments in a reindeer blink. Cut shapes from felt; write holiday messages with paint markers or fabric paint. Whipstitch using large plastic embroidery needle and embroidery floss. Just before finishing the stitching, stuff your creation with fabric scraps.

Heavenly host garland

Remember cutting paper doll chains? How about a string of angels for your tree?
see page 312 for instructions

Stars 'n' hearts

This bright paper chain is a show-stopper.
see page 312 for instructions

continued on page 311

So much great taste and nutrition, it's hard to fit it all in one box!



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We took Multi-Grain Cheerios and added 100% of eleven vitamins and minerals. Then we made them taste even better. With four kinds of toasted O's and a touch of brown sugar.

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Great taste. Less fat. It's gotta be Bits!

www.kibbles-n-bits.com

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BH&G kids

continued from page 308



Chain of cones

You need:

- *medium-size pinecones (2–3 inches)*
- *acrylic paints*
- *paintbrushes*
- *colored beads*
- *wooden ornaments*
- *narrow ribbon (1/8″)*

Gather a collection of pinecones, colored beads, and simple wooden ornaments for an afternoon of garland making. First, paint your pinecones (if desired) using acrylic paints. While pinecones are drying, begin stringing the beads and wooden ornaments onto the ribbon. To add the pinecones, simply wrap the ribbon several times around the top tier of each pinecone.

continued on page 312

Which way does your dog lean?



Sure we've got studies showing how other dogs prefer the taste of Kibbles 'n Bits Lean.* But don't take our word for it. Give your dog Kibbles 'n Bits Lean.® And find out that for great taste and less fat... It's gotta be Bits.



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BH&G kids®

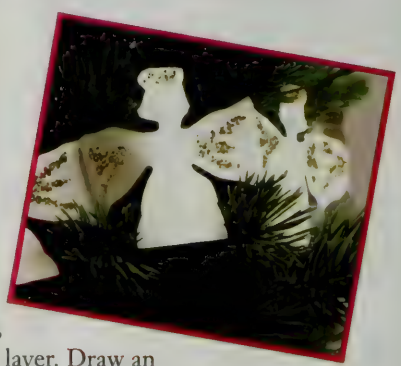
continued from page 311

Stars 'n' hearts

You need:
- *toilet paper or gift-wrap tubes*
- *gift wrap*
- *shapes cut from heavy paper*
- *bright ribbon (1/2")*
- *wooden beads*

Cut longer cardboard tubes into chunks 4 to 6 inches long. Cover the tubes with gift wrap. Cut shapes out of colorful heavy paper; punch holes for ribbon. Thread ribbon through tubes, shapes, and wooden beads.

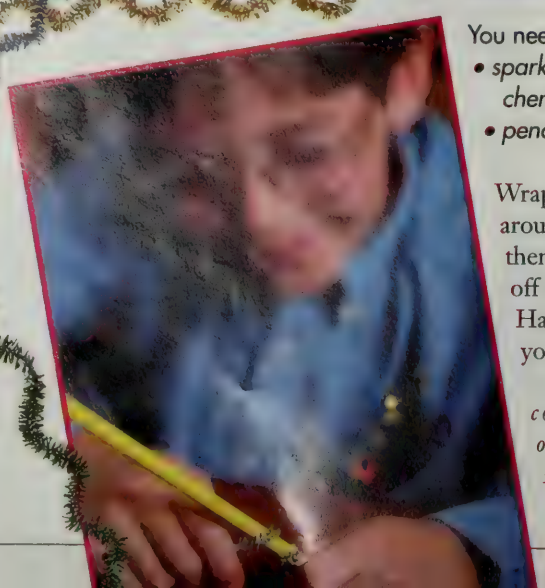
Heavenly host garland



You need:
- *roll of calculator tape*
- *pencil*
- *scissors*
- *glitter*
- *glue*

Cut a 12-inch length of calculator tape. Fold the tape like an accordion, to a width of about 2 inches for each layer. Draw an angel pattern on the top layer, making sure wings extend to edge of paper. Cut angel out along your pattern. Fold out to reveal a string of angels. Link chains together with clear tape. Decorate with glitter, if desired.

Sparkly icicles



You need:
- *sparkly chenille stems*
- *pencil*

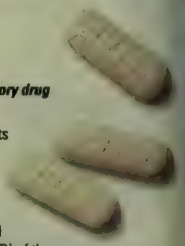
Wrap each stem around a pencil, then gently pull off the pencil. Hang them on your tree.

continued on page 314

RIMADYL®

(carprofen)

Caplets



Non-steroidal anti-inflammatory drug
For oral use in dogs only

CAUTION: Federal law restricts this drug to use by or on the order of a licensed veterinarian.

DESCRIPTION: Rimadyl (carprofen) is a non-steroidal anti-inflammatory drug (NSAID) of the propionic acid class that includes ibuprofen, naproxen, and ketoprofen.

INDICATIONS: Rimadyl is indicated for the relief of pain and inflammation in dogs. Rimadyl was shown to be clinically effective for the relief of signs associated with osteoarthritis in dogs.

DOSAGE AND ADMINISTRATION:
The recommended dosage for oral administration to dogs is 1 mg/lb of body weight twice daily. Caplets are scored and dosage should be calculated in half-caplet increments.

CONTRAINDICATIONS: There are no known contraindications to this drug when used as directed. Rimadyl should not be used in dogs exhibiting previous hypersensitivity to carprofen.



PRECAUTIONS: The safe use of Rimadyl in pregnant dogs, dogs used for breeding purposes, or in lactating bitches has not been established. Studies to determine the activity of Rimadyl when administered concomitantly with other protein-bound drugs have not been conducted. Drug compatibility should be monitored closely in patients requiring additional therapy.

As a class, cyclo-oxygenase inhibitory NSAIDs may be associated with gastrointestinal and renal toxicity. Sensitivity to drug-associated adverse effects varies with the individual patient. Patients at greatest risk for renal toxicity are those on concomitant diuretic therapy, or those with renal, cardiovascular, and/or hepatic dysfunction. Since many NSAIDs possess the potential to induce gastrointestinal ulceration, concomitant use of Rimadyl with other anti-inflammatory drugs, such as corticosteroids and NSAIDs, should be avoided or very closely monitored.

Rimadyl treatment was not associated with renal toxicity or gastrointestinal ulceration in safety studies of up to ten times the dose in dogs.

Rimadyl is not recommended for use in dogs with bleeding disorders (e.g., Von Willebrand's disease), as safety has not been established in dogs with these disorders.

WARNINGS: Keep out of reach of children. Not for human use. Consult a physician in cases of accidental ingestion by humans. **For use in dogs only.** Do not use in cats.

The material safety data sheet (MSDS) contains more detailed occupational safety information. To report adverse reactions in users or to obtain a copy of the MSDS for this product call 1-800-366-5288.

ADVERSE REACTIONS: During investigational studies, no clinically significant adverse reactions were reported. Some clinical signs were observed during field studies which were similar for carprofen- and placebo-treated (control) dogs. Incidences of the following were observed in both groups: vomiting (4%), diarrhea (4%), changes in appetite (3%), lethargy (1.4%), behavioral changes (1%), and constipation (0.3%). The product vehicle served as the control.

STORAGE: Store at controlled room temperature 15°–30°C (59°–86°F).

HOW SUPPLIED: Rimadyl caplets are scored, and contain 25 mg, 75 mg, or 100 mg of carprofen per caplet. Each caplet size is packaged in bottles containing 100 or 250 caplets.



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Give your dog real relief from arthritis pain, and you'll give your children back their favorite action hero.

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See brief summary on adjacent page for important information.

Pfizer Animal Health

continued from page 312

It's a wrap

Wrapping gifts can be almost as much fun as receiving them. These wraps and toppers say "you're special" to the person who gets the gift.

Dip it! Chocolate spoon toppers

You need:

- dark, semisweet, milk, or white chocolate or candy coating
- colored plastic spoons
- a variety of "sprinkles"

continued on page 316









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BH&G kids

continued from page 314

Place about 2 ounces of chopped dark, semisweet, milk, or white chocolate or candy coating in a microwave-safe bowl. Micro-cook on 100% power (high) for 1 to 2 minutes, stirring once or twice, till melted (it won't seem melted till stirred). Dip spoons into chocolate or candy to coat. Sprinkle with small multicolored decorative candies. Place on waxed paper till set, chilling if necessary. Tie a bouquet of spoons with cellophane (*photo 1*). Dip the spoons in hot drinks for a scrumptious winter treat. Recipe melts enough chocolate for 8 to 10 spoons.

Snowman wrap

You need:

- *unpatterned gift wrap*
- *corks in several sizes*
- *white acrylic paint*
- *black and orange markers*

Pour a little paint onto a paper plate. Dip the corks into the paint and gently apply to a piece of gift wrap that has been cut to size, using a different size cork for each snowman body part. After the paint is dry, use markers to add hat, buttons, carrot nose, and arms (*photo 1*).

Snowflake sponge

You need:

- *unpatterned gift wrap*
- *construction or printer paper*
- *acrylic paints*
- *sponges*

Cut snowflakes from the construction or printer paper. Lay the snowflakes over a piece of gift wrap that has been cut to size. Apply paint with a sponge over the snowflakes. When you lift the snowflakes off, the pattern remains on the gift wrap (*photos 2 and 4*).



Simple gift-wrap accents, such as the chocolate spoons (*page 316*), gum-bo topper (*right*), and the pencil pushers (*below*), make a present call out, "Open me first!"



Gum-bo gift toppers

You need:

- *variety of chewing gum sticks*
- *miniature bows*
- *glue*

Arrange sticks of gum in a flower-star pattern (*photo 4*). Glue together. Add a mini bow.

Pencil pushers

You need:

- *felt*
- *glue*
- *scissors*
- *variety of buttons, sequins, and other small adornments*
- *pencils*

Cut shapes out of felt. Glue two like shapes together around the edges, leaving an opening at the bottom for pencils. Decorate with buttons, sequins, and other small items (*photo 3*). Use one of your child's paintings for gift wrap.



continued on page 318

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Holiday Special



Feeding the Christmas Elf

A story by Robert F. Baldwin

Every Christmas Eve, Kari and her younger brother Lars fill a bowl with warm, sweet, Norwegian cream pudding and leave it in the barn for their *julenisse*.

continued on page 320



Or you could try new Fab® Sensitive Skin laundry detergent.



Dermatologist tested. Hypo-allergenic. Free of dyes and perfumes which may irritate your skin. And it's tough on dirt, too. "Oh Fab! I'm glad. There's something new for sensitive skin, too!"

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No single diet works for all senior dogs.

All senior dogs need optimum nutrition, but they don't all need the same diet. Purina CNM has two veterinary diets that offer a choice of calorie levels for the different needs of senior dogs. They're part of the comprehensive CNM Geriatrics "Wellness" Program.

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The Christmas Elf

continued from page 318

The *julenisse* is a Christmas elf. "Every farm in Norway has one," their grandmother has told them, "and it's good luck to feed them." On Christmas morning the bowl is always empty. Sometimes Lars wonders if, perhaps, Per, the cat, ate the pudding.

Everyone in Norway eats well at Christmastime. The people give extra food to the farm animals, and several days before Christmas they put out a special treat for the wild birds. Papa ties a bundle of barley to the end of a long pole and sticks the other end into the snow. Then the birds fly to the pole and feast on the barley grains. "Nobody should go hungry at Christmas," Papa says.

Papa is a sea captain. One year, Papa was still at sea, and it was only two days until Christmas. The birds looked hungry.

"I can put up the pole, if Lars comes with me," said Kari. Grandmother gave them a long piece of red ribbon and a bundle of barley and sent them to the barn to find the pole. The barn was dark and quiet and the children spoke in whispers. When they heard something rustling the hay in the darkest corner, Kari's eyes grew wide and Lars could feel his heart pounding.

"What was that?" Lars whispered.

"It must have been Per," said Kari, trying not to sound scared.

As soon as they found the pole, they rushed outside and tied the bundle of barley to it with the red ribbon. It looked beautiful but the snow wasn't deep enough to make it stand up. Kari scraped away the snow and tried to push the end of the pole into the ground, but the earth was frozen hard. Finally, they had to give up.

"What will we do now?" Kari asked Grandmother that night.

"Perhaps, if you've been good, our *julenisse* will help you," she told them.

"Grandma, have you ever seen the *julenisse?*" Kari asked.

"One winter evening, many years ago," Grandmother said, nodding. It looked like a tiny old man sitting near the barn, but it was dark, so I couldn't be sure."

That night, snow began to fall. Kari stood at the window watching the swirling flakes. She saw something moving out between the apple tree and the barn.

"Look, Lars, it's the *julenisse,*" she said. Lars ran to the window. Something was moving, but he couldn't tell if it was an elf, a cat, or just snowflakes blowing in the wind.

In the morning, a fresh layer of snow covered the yard but it didn't look deep enough to hold the barley pole. Then they noticed a strange thing. Halfway between the barn and the apple tree, the snow was piled in a deep drift. The children were able to easily stand the pole in the drift. They spent the rest of the day making decorations for the Christmas tree. But it wasn't the same without Papa.

On Christmas Eve, Kari and Lars dressed in their holiday costumes. While they helped Grandmother stir the





Did you like the story of Kari, Lars, and the *julenisse*? Photocopy the paper dolls on this page and the next. After you've copied and enlarged the pages on a color copier, glue the pages to a piece of lightweight cardboard for extra strength. Cut around the edges. Then begin inventing the next adventures for Kari and Lars. Can you find the *julenisse*? How about Per, the cat? Have fun!

continued on page 322

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The Christmas Elf

continued from page 321

rommegrot, a sweet, thick pudding, they heard a knock at the door. "The *julenisse!*" cried Lars, running to the door. But it wasn't the *julenisse*. It was Papa, home just in time for Christmas. That evening, the family sang carols while they danced in a circle around the Christmas tree. Before they opened their presents that night, Kari filled a large bowl with the *rommegrot*. When Lars saw what she was doing, he picked up a lantern. "I'll go with you," he said. They went straight to the darkest corner of the barn where Kari placed the bowl on the floor. "Nobody should go hungry at Christmastime," she said. "Especially the *julenisse*." ⌂



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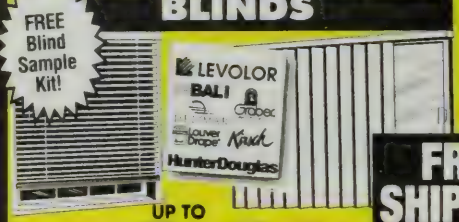
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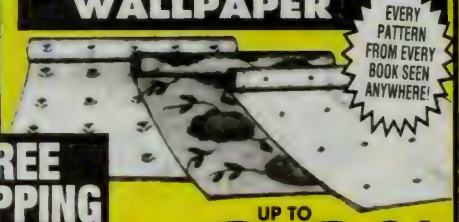
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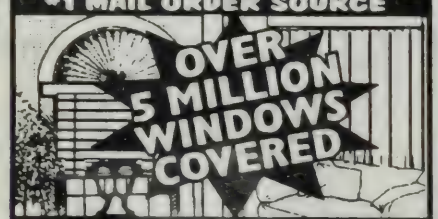
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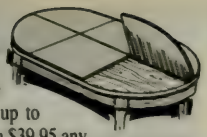
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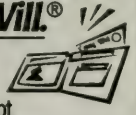
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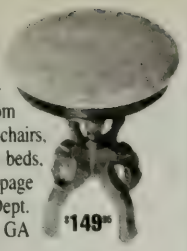
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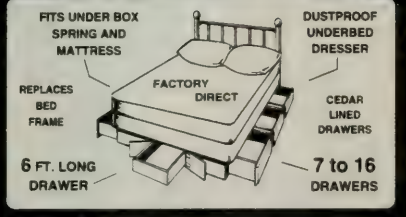
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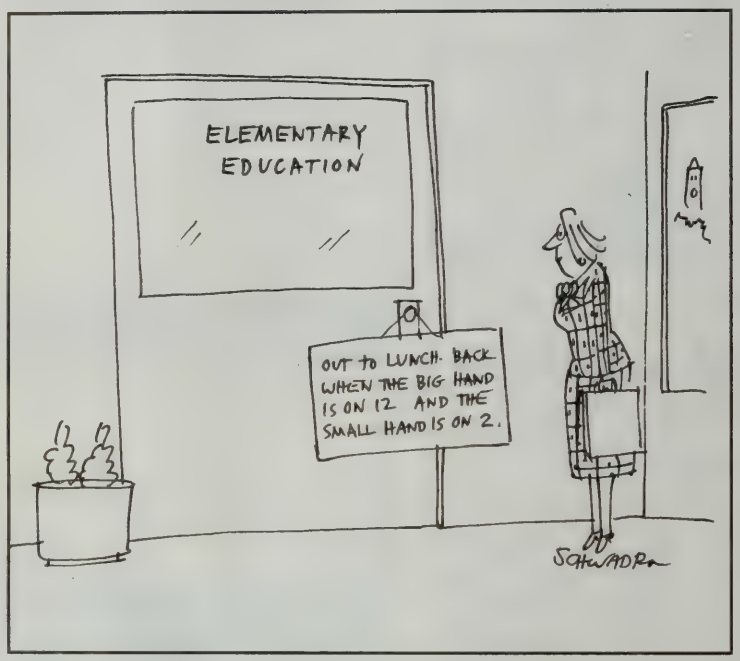
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NOVEMBER 1997





"November may mean an end to the yard and garden season," the Rev. George Hall said last Sunday, "but there's still plenty of planting to do—like planting yourself in front of a warm fire."

A new artificial hip, together with an earlier knee replacement, has Uncle Dodd Buckner wondering whether he still has enough original parts to qualify for the senior-citizen discount.

On weekends, Isabel Norman admits she worries whether her teenage babysitter is capable of acting like an adult while she and her husband are out acting like kids.

Amateur race-car driver Jeff Burke doesn't see his hobby as a particularly dangerous sport. He says he hasn't once seen a fellow driver reading the newspaper or putting on makeup while zooming around the track.

The pluses of living in a sprawling new development are too many for Jo Larson to list, but there is one drawback: The only thing within walking distance is her car.

Chris and I discovered the other day that everyone has their priorities. Our list of emergency phone numbers by the kitchen phone includes the pizza delivery number.



"...and to think I used to fantasize about you."

Burt Jr. has a new appreciation for the meaning of eternity. I overheard him describing to a friend a recent trip to the mall with his mother and sister as "the longest day of my life."

For a few weeks now, Aunt Opal has had difficulty deciding whether to take up golf or bowling as her new hobby. Bowling eventually won after she realized that she wouldn't have to chase the ball.

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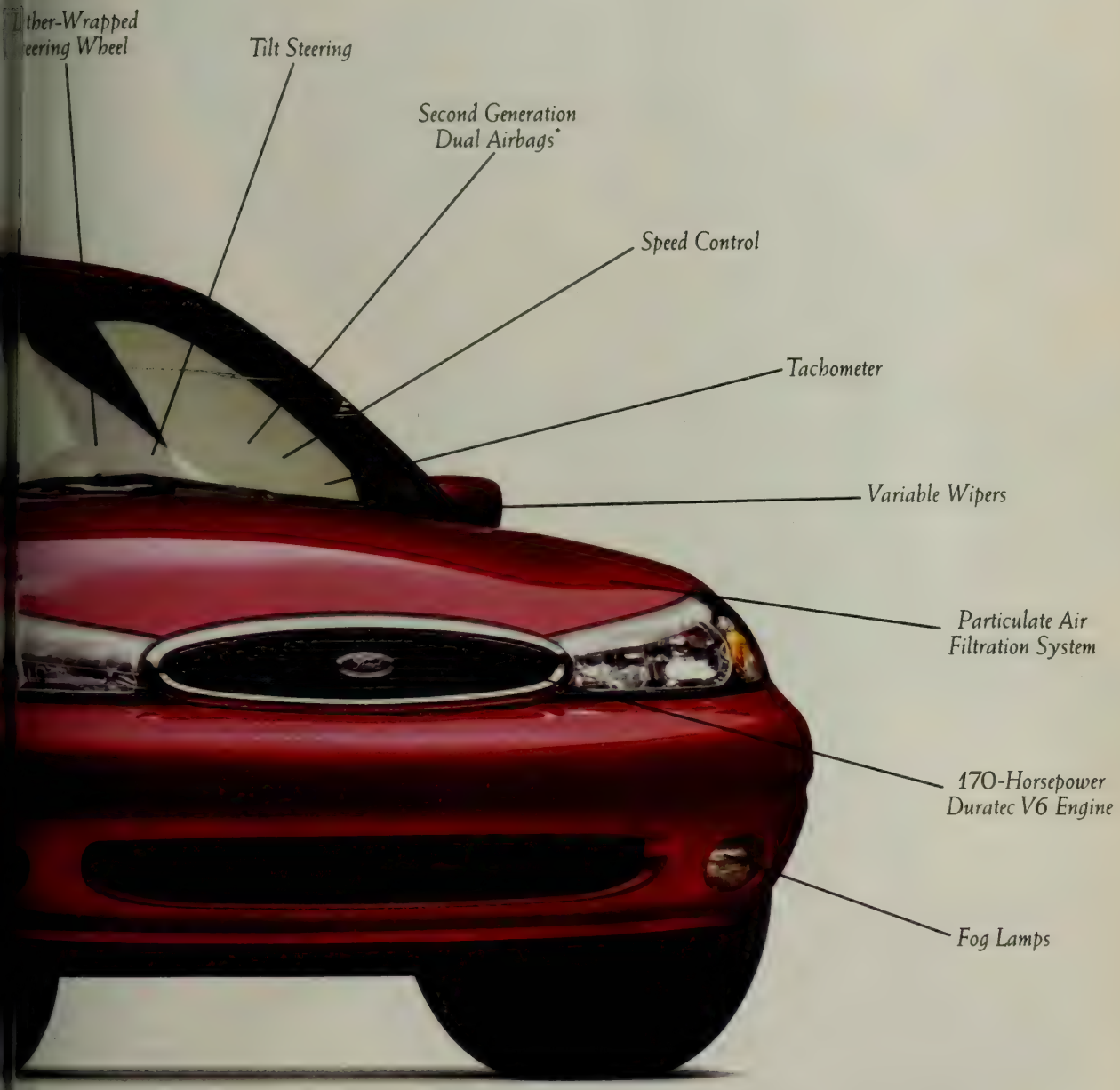
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This image graced the magazine in 1924 after it was renamed Better Homes and Gardens®





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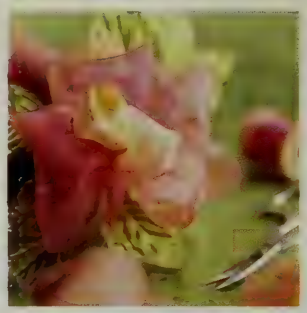
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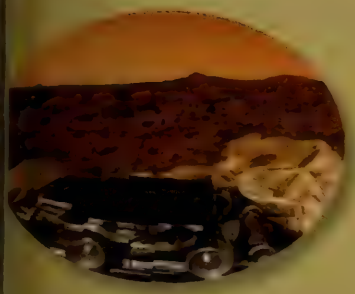
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the moon, late 1960's



mars, late 1990's



corolla, 1998

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What I've learned editing this magazine through its 75th anniversary year is that *Better Homes and Gardens*® embodies a sense of caring and neighborliness that is never more openly expressed than at this time of year.

It didn't take long, looking through previous editors' work, to realize I'm just the current gatekeeper articulating the time-honored message in 1990s journalism. That really hit home when I read the December 1931 issue and this piece from "The Editors."

"These are the days when the whole world needs friendliness. It is a season when hearts are hungry for the warm handclasp, the encouraging slap on the back, the kindly word.

"The holiday spirit is a beautiful thing, and there is no reason why it should not be prolonged thruout the coming year and for the years to come. There are so many things to make us feel thankful and merry, if we but take a little time to make a careful appraisal of our lot. There are signs that the coming years will grow brighter, and it is certain that if everyone would be a little more thoughtful, a little more cheerful, a little more helpful, the process of bringing peace and joy to a troubled world would be immeasurably hastened."

If you ignore the dated writing style and get to the heart of the message, the sentiments expressed by my predecessors still ring true today. And at *BH&G*, we still feel the world can be made better by caring—all year long.

Warm wishes from "The Editors" of the 1997 staff.

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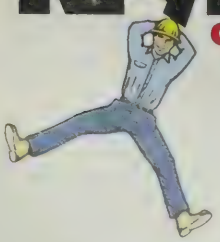
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family network®

READERS' SOLUTIONS

Teach Kids to Give

Before Santa Claus came to our house each Christmas, my daughters had to select toys from their toy box to donate to children in need. This was a dictate from Santa, I explained, and it continued as a family tradition long after he stopped visiting. Not only did this get rid of clutter, it taught my daughters the spirit of giving at a young age.

Marcy Devaney
Atlanta, Ga.

Stockings Are Keepsakes

Parents may get sentimental about trinkets that their children leave behind as they grow. Old Scout pins, charms from necklaces and bracelets, favorite shells and pebbles, and other memory-making little toys and baubles are hard to part with. Instead of tossing these items, use them to dress up Christmas stockings. Stitch, pin, or tie these treasures to the top edge of the stocking and you'll have a family keepsake to cherish.

Mary Anne Greczyn
Arlington, Va.

Happy Hostess

We always have visitors stay in our daughter's room, but she wasn't always happy about having to move out for a couple of days. So we bought a guest book for her room. Now she looks forward to having people stay in her room. From time to time, she reads over this "book of memories."

Jeanette Smith
Onalaska, Wis.

Baby's Gifts Kept Secret

Last Christmas my husband and I were anticipating our baby's first Christmas when we realized opening gifts wouldn't be that much fun. Since our infant was too young to get excited about the toys, we'd know everything our child was getting. We decided to divide the Christmas allowance between us, shop separately, and keep our half of the baby's presents a secret from each other. We had so much fun that we've decided to continue this method until the baby is older.

Sandi Hutchinson
Stillwell, Kan.

Trucks Make Cleanup Fun

Dinnertime can be a messy affair with two toddlers in the house. But our little boys have come up with a creative way to help clean up. While my husband and I clear the table, they drive their toy dump trucks under the table and load them up with crumbs. Then we help them dump their truckloads in the sink.

Carolyn Stradinger
Corpus Christi, Texas

Souvenir of Music

Rather than buying typical souvenirs while I'm traveling, I purchase a CD or tape of music associated with that region or country. I recall my Arizona trip when I listen to my tape of Hopi tribe chants, and dull days are brightened by memories of Maui when I hear Hawaiian songs. Musical memories last forever.

Deborah Kelly
Overland Park, Kan.

Write to Us

Do you have an innovative solution to a problem in your family, neighborhood, or community? Family Network would like to hear from you. Write to: Family Network, *Better Homes and Gardens®*, 1716 Locust St., Des Moines, IA 50309-3023. Please keep replies to 100 words or less. Letters may be edited for space. All letters become the property of *Better Homes and Gardens®* magazine. We will pay $50 for each idea published, if you provide your Social Security number.



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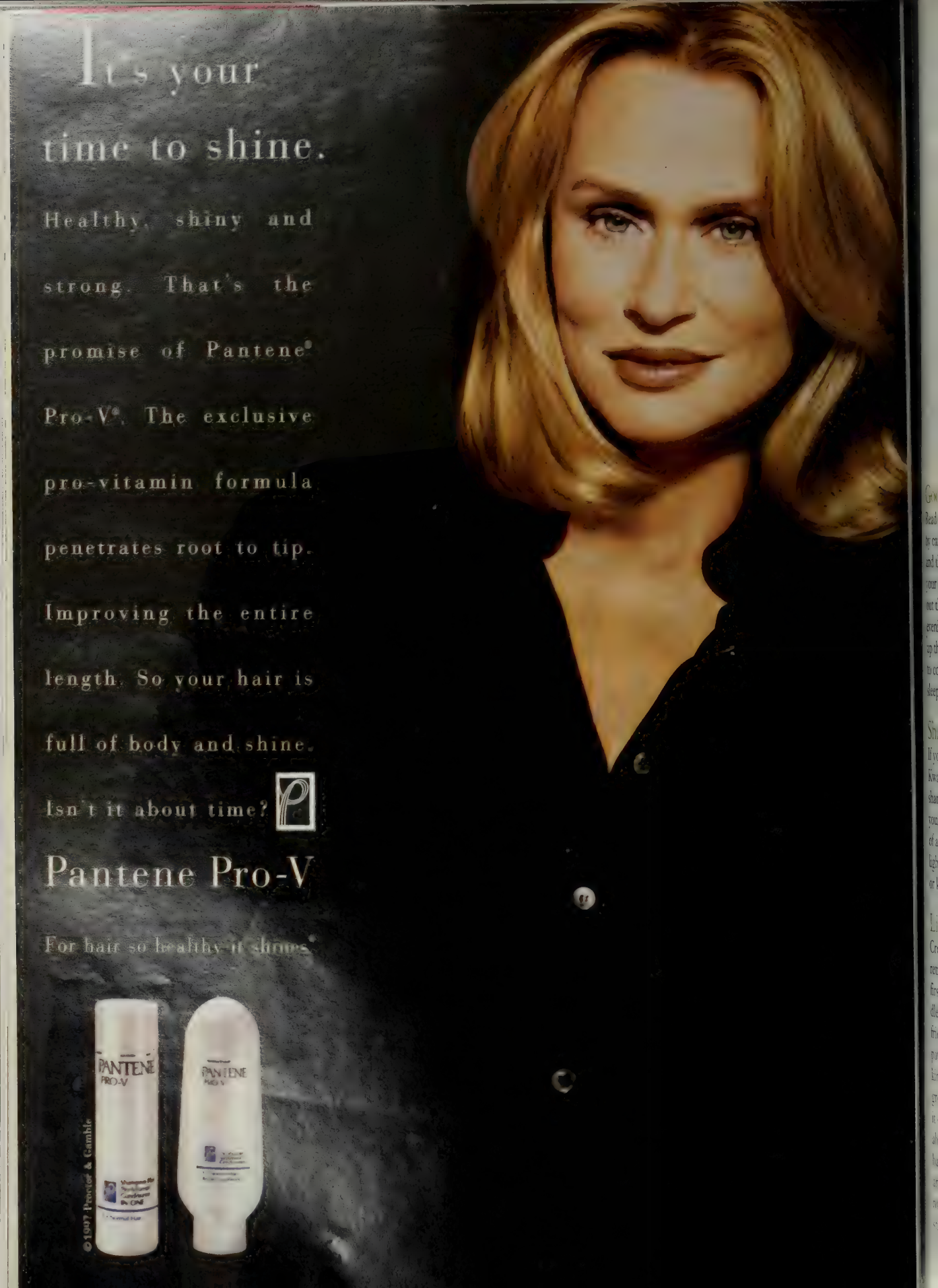
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Gifts from the Heart

by Carrie Knowles

A thought for the holidays: Renaissance doctors believed the heart, or essence of each person, began as a star in the heavens. Here are some ideas for sharing your star with others this season.

the gift of light



Make a tableful of votive lights from restaurant take-out-food containers. Then take them as gifts to every home you visit this season. Save the container from your next take-out meal to use as a pattern. Wash it, then carefully unfold it. Use this as a pattern to trace onto lightweight tagboard. Cut out the shape with sharp scissors or a crafts knife. Pencil a pattern of dots on two sides of the carton. (The simpler the design the better.) Punch the dots using an awl or other sharp, pointed tool. Fold the carton and secure with tape or metal fasteners. Fill partially with sand and place a votive candle in each.

Good-night light

Read your children a bedtime story by candlelight. When you're done and the "good nights" are said, let your child make a wish and blow out the candle. Or, pick a snowy evening or star-filled night. Bundle up the children and take them out to count the stars. Send them off to sleep with warm honey milk.

Sharing the light

If you celebrate Hanukkah or Kwanza, designate one night to share the light. Let each member of your family invite one special friend of another faith to have dessert and light the candles in your menorah or kinara.

Light up a life

Create a luminaria garden for a retirement home. Get permission first. Then gather sand, votive candles, paper lunch bags, string, and friends. Use the string to lay out the pattern of a star, tree, menorah, kinara, or holiday greeting on the ground, preferably in a place where it can be seen from the windows above. Roll down the tops of each bag and fill the bottom with sand and a candle; then place the luminaria 12 inches apart along the string. Light candles when it's dark.

continued on page 18

continued from page 17

the gift of time

Handsome times

Volunteer to give manicures at a retirement home. Make up a pretty basket of supplies to carry from room to room as you file, polish nails, and chat. Get a teenager to join you, and go wild with bright, holiday colors.

Helping times

Donate your time—or the whole family's—to a soup kitchen, to a school cleanup project, or to "winterize" an elderly neighbor's yard and garden. For children, make it a special time not only to help others but to praise the youngsters for their cooperation and hard work.

Alone time

Trade "gifts" with a friend: You'll pick up her children from school one day and feed them a snack so she can have two hours to herself if she'll do the same for you. Do something you never get to do, such as read magazines in the library.

Date ti[illegible]

Give a friend, spouse, or family member a one-on-one dinner date. During dinner, ask your "date" about her dreams. Find out what she'd like to do, be, or have if there were no limits in life. Listen to what she has to say. Then spend time over dessert talking about how to make her dreams come true.



Take some time to make even simple gifts look extra special. We used thin brass wire and wire-wrapped pearls to dress up plain white packages. As a finishing touch, curl the ends of the wire around a pencil. Crafts stores offer a wealth of trinkets to adorn your presents. Or, look for old charms or bits of costume jewelry at flea markets and antique malls. A sprig of evergreen tucked into the bow adds a wintry scent.

continued on page 20

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continued from page 18

the gift of laughter

For the record

When friends and family gather for dinner this holiday, turn on the tape recorder and start telling stories. Let the oldest tell a funny family story first, then continue down the line until everyone has had a chance to spin a yarn and laugh. Send a copy of the tape to these dinner guests on their birthdays in the coming year.

Remember when

Do the unspeakable: Share your high school yearbook with your children and/or friends. Make it a party where everyone brings their yearbooks. Enjoy a laugh over what you looked like and did back then.

Here comes the bride

Do something even more unspeakable: Have a dress-up party for a group of girlfriends where everyone wears her worst bridesmaid dress. Give a prize to the winner. Serve cake and champagne, then go out dancing wearing your finery.

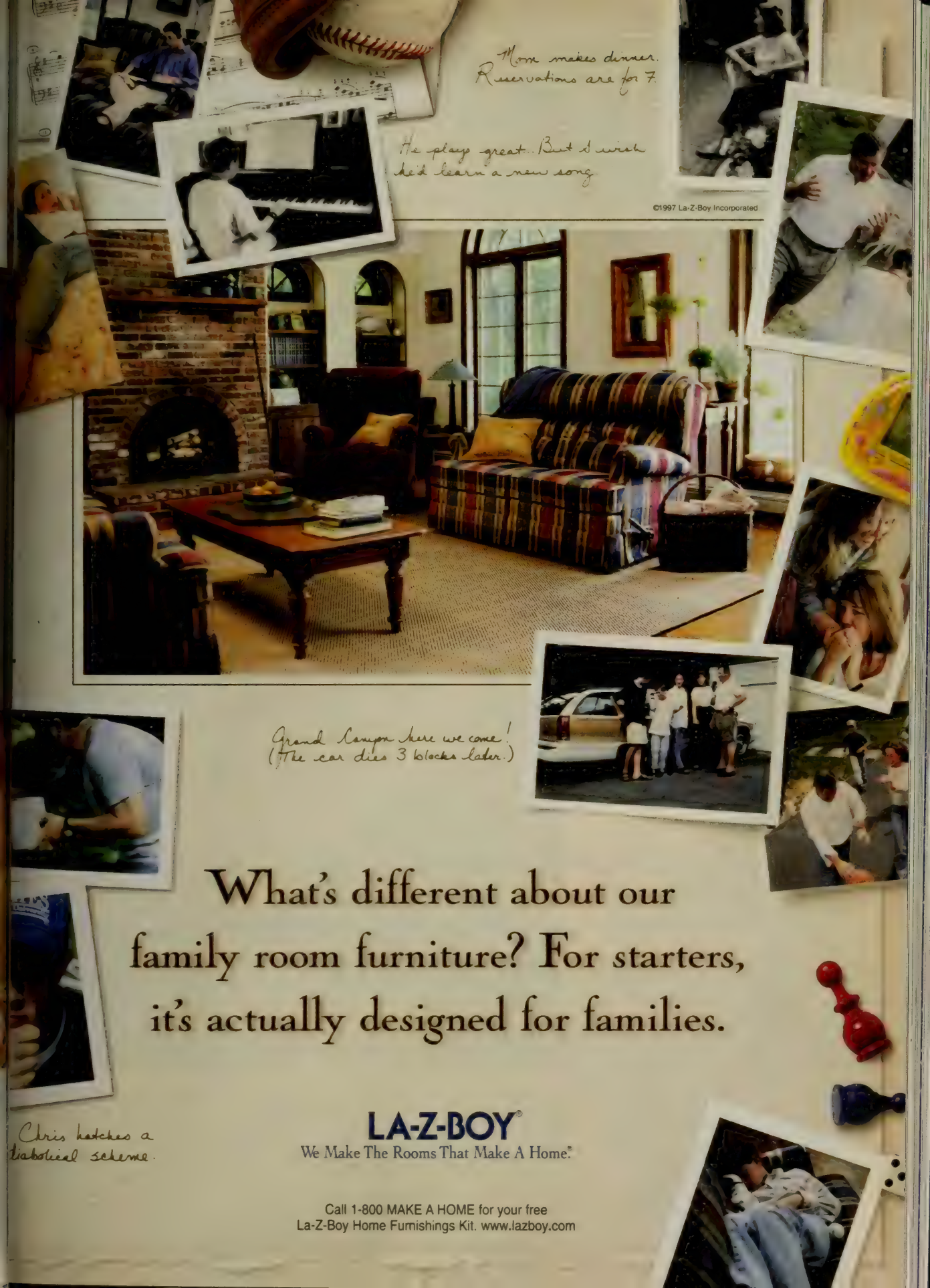
Fun and games

Invite several families over for a hearty soup dinner and a game of charades. Pit kids against grown-ups with the categories being movies, books, and music—the stuff of popular culture. See what happens when Smashing Pumpkins meets the Carpenters.



Don't forget your four-footed friends this season. To get them looking their best, organize a neighborhood pet wash. Have everyone wear rain gear and have plenty of shampoo and towels on hand. The animals may not love it, but you and your friends will have fun sudsing them up and getting soaked. If it's too cold to wash your pets outside, set up tubs in a basement or garage. Or, designate a day for brushing and fluffing only. When the animals are good and clean, tie big bows or bells to their collars for good cheer.

continued on page 22


Mom makes dinner. Reservations are for 7.
He plays great. But I wish he'd learn a new song.
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Grand Canyon here we come! (The car dies 3 blocks later.)
What's different about our family room furniture? For starters, it's actually designed for families.
Chris hatches a diabolical scheme.
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continued from page 20

the gift of friendship



Home shopping

Know someone who can't get out and shop, such as an elderly person, someone caring for an elderly parent, or a friend with a new baby? Gather your mail-order catalogs for an evening of making lists, picking out presents, and dialing holiday hotlines.

Coffee break

Invite a friend's visiting in-laws over for a cup of coffee. Use the time to praise your friend's parenting skills, professional prowess, financial wizardry, and fine friendship. She'll appreciate the break and the pump-up as well, and if you're lucky, she may return the favor.

Give and take

Ask a friend for help or advice. This might be the nicest way to say, "Not only are you loved, you are needed."

Share your friends

You have friends at work, in the PTA, and in your neighborhood. Invite all of them over and introduce them to each other. What better gift to give a friend than a chance to meet another friend?

Charitable friends

Start a new tradition. Gather friends or coworkers and instead of exchanging gifts, designate a local charity for a collective contribution.

Don't wait for new neighbors to introduce themselves. Organize your own newcomer welcome kit. Make a map showing the location of neighborhood services: post office, dry cleaner, car wash, movie theaters, parks. Get a subscription form for the local newspaper and copies of your city's free entertainment weeklies. Poll friends for recommendations on restaurants, shopping, mechanics, and handymen and make a list with brief "reviews." Deliver your welcome package along with an invitation for coffee, wine, or a neighborhood potluck.

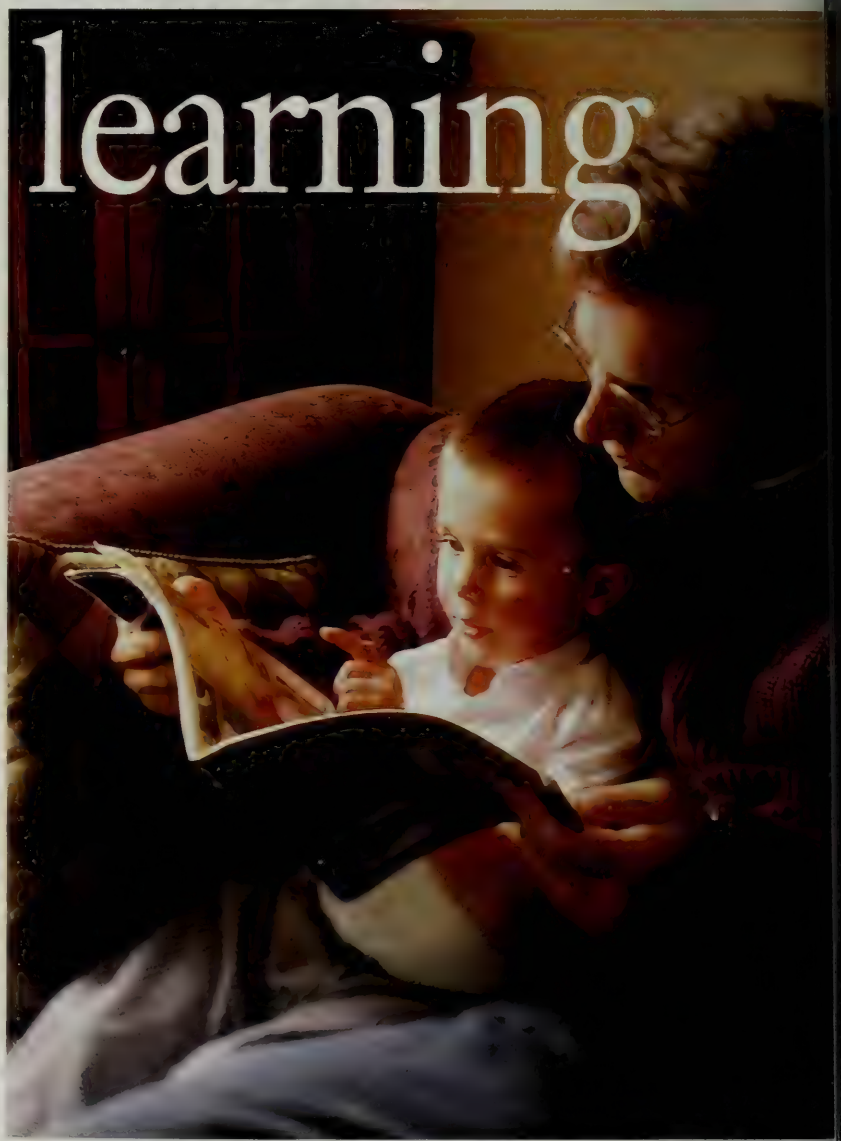
continued on page 24

Growing up, I got good at taking direction.
"Say your line here." "Hit your mark there." And "Drink your milk."
That's good advice for kids and adults. The calcium in milk helps bones
grow till you're about 35 and helps keep them strong long after.
So I still drink milk. Only now, I'm the one giving direction.



continued from page 22

the gift of learning



Make time this holiday season to teach your children about their family, religious, or cultural heritage. If you have an old family Bible, get it out and go through the family tree, retelling stories about your forebears. If not, start one. Look for age-appropriate books that tell the Hanukkah and Christmas story. Emphasize the message that the holidays are about more than giving and getting presents. Encourage older children to write their own family "history." Then bind their stories in a loose-leaf notebook so they can add to them each year. Or, take time to organize your family photographs. Simply sorting through boxes of old photos with your family is a way to relive precious moments and reconnect with the past.

You are what you eat

Instead of having friends over for dinner, invite them to cook a meal with you. Teach them how to make your Southern grandmother's chicken and dumplings, your Italian mother-in-law's wonderful tomato sauce with raisins and pine nuts, or your own bittersweet chocolate mousse cake. Know some other good cooks? Organize a cooking-class cultural exchange.

Threads of love

Ask your parent or in-law to teach you and your child to knit, quilt, embroider, cross-stitch, or do whatever "fancy work" he or she knows. Pass these skills on to your friends and their children and start an intergenerational sewing circle. Host the sewing circle when your parents or in-laws visit.

The art of puttering

Give your children their own tools and teach them how to use them. Starting in their rooms, help them hang a picture, repair a squeaky door, or put up a shelf.

Self-improvement: 101

Here's a gift you can give yourself: Sign up for a class about something you've always wanted to know. Or, book a "learning" vacation for the coming year.

continued on page 26


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continued from page 24

the gift of love

Paper hearts

Before you clean up the bits of ribbon and paper from wrapping presents, get out construction paper and glue and invite your children to make holiday "Valentines." Surprise your family and friends with Christmas cards that say "I love you" instead of the standard "Happy Holidays."

Love your Mother

Show your concern for our planet by organizing a cleanup day for an abandoned lot or joining a grass-roots environmental group.

A love feast

Create a meal where every family member cooks and contributes their favorite foods. Get out your best china and silver, eat by candlelight, and don't say a word about balanced meals, the need for leafy greens, or why chocolate isn't a food group.

Tell me why

Don't just say "I love you" this season. Tell someone *why* you love them: "I love you because you always whistle when you weed the garden; I love you because you play the violin with your heart in your hand; I love you because you dance as though only you can hear the music; I love you because you really do believe Elmo can talk."



Start a family Advent display as a way to share the love this holiday season. Instead of lighting a candle to mark the days leading up to Christmas, designate one candle on your dinner table for every family member. Take turns lighting the candles throughout the holidays, letting the one who lights tell why they love each family member.

Buying information, page 55





The giving season.

Adorn your home with the essence of the holidays. Set a wonderful stage for this celebration of sharing. This is where you'll find the perfect gift for everyone on your list. Along with our exclusive gift wrap to make their eyes sparkle with anticipation. Make Pier 1 your holiday gift store and capture the spirit of the season.

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In living color

Many floriferous houseplants bloom just for the holidays, and you can dress them up for the season by giving them an array of festive containers.

by Craig Summers Black and Rebecca Jerdee

Cyclamen: The colors of Christmas

The flowers of the cyclamen look like butterflies in flight, flitting over heart-shaped leaves rich in variegation. The bloom colors—usually red, pink, or white—are deep and rich, and a red-flowering cyclamen with its deep green leaves seems to say Christmas all by itself. Cyclamen like bright indirect light, cool household temperatures, and moist soil. Water the pot, not the plant, to avoid rot.

continued on page 32



Everyday household items can become attractive pots for plants. This soup tureen is about to make the transformation.

Separated at Birth.

{ The life story of two shirts }



They started out exactly the same. Identical cotton shirts. Beloved delicates. Then their lives dramatically changed. The one on the left was put into the gentle cycle thirty times with a leading regular powder detergent. The one on the right was washed just as many times in the gentle cycle, safely and gently with Ivory Snow® powder. When you're treated with the utmost of care and respect, it obviously shows.

Safe care for the things you love to wear.



© P&G 1997

In living color

continued from page 30



This white porcelain urn, purchased at a crafts shop, is formal yet inexpensive. Ribbons add a festive touch.

Azalea: Always

These evergreen flowering shrubs can grow up to 2 feet tall, making for a big, big bouquet of tissue-paper blossoms. The blooms mostly come in white, rose, or red, including two-tones and doubles. Azaleas, like cyclamen, need bright light, cool household temperatures, and moist soil. After blooming, azaleas can be planted in the landscape in temperate zones. Azaleas like acidic soil, so mulch with pine needles. If you plan to keep them as houseplants, you'll need to park them outside in the fall so that they can receive six to eight weeks of the sub-50-degree weather required to set flower buds.

continued on page 34

Holiday wear

Flowering houseplants can be temporarily clothed in fancy pots that aren't really meant for plants (*near right*). Because these pots don't have drain holes, the plants must be put back in appropriate containers (*far right*) when the holidays are over. Plants left in pots without drain holes will most likely rot and die.





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NEVER COME DOWN

In living color

continued from page 32



Kalanchoe: Colorful

This succulent has thick, glossy, arrowhead-shaped leaves with what looks like serrated edges, its bright but tiny flowers held aloft in oodles of clusters, usually orange, yellow, or red. The plants grow about a foot high and can be covered in more than a hundred of the little four-petaled blossoms. Kalanchoes require bright light and average household temperature and humidity, so don't water until the soil is nearly dry. And don't let the leaves get wet—they'll discolor or even fall prey to a life-threatening fungus.

continued on page 36



These very '70s kitchen containers are a great size to pot up. Then add sunshine and rainbow-swirl lollipops.

Free plants

Kalanchoe plants are easy to propagate. After the plant finishes flowering, simply snip off about 4 inches of a stem. Pinch off the leaves on the bottom half to three-fourths of the stem, and place it in water. In a matter of weeks, the cutting will grow a conglomeration of fine white roots. When most of these roots grow to 3 or 4 inches long, pot the cutting in a 4- to 6-inch terra-cotta pot. You can make several cuttings and have full-size plants for gift-giving next year.



Two things you've loved since childhood. Barbie and Coca-Cola.



The glass she holds is an authentic reproduction of "Coca-Cola" glasses used during this period.

Her elaborately decorated fan was meticulously duplicated from "Coca-Cola" artwork from this era.

Her lovely satin parasol is also authentic to fashion of the times.

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In living color

continued from page 34



This plant pot *does* have a drainage hole, thus the white plastic saucer. The peppermint decor is fingernail polish.

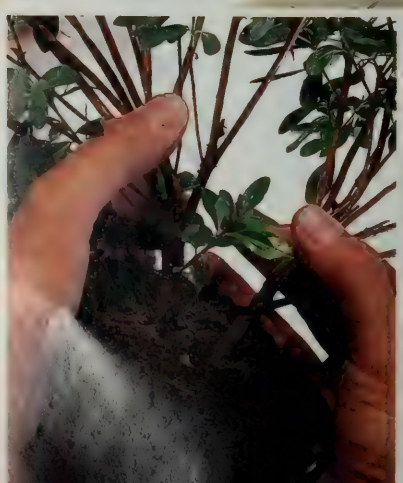
Christmas cactus: Timely

Showy blossoms in bold, arcing explosions? Must be a Christmas cactus. This succulent blooms on the tips of shiny, segmented stems, its lipstick-shaped buds becoming droopy and tubular before the petals peel back to become 3-inch flares. For a cactus, this is a bit of a drinker: Use moderate water and humidity. Bright light is a must here, too.

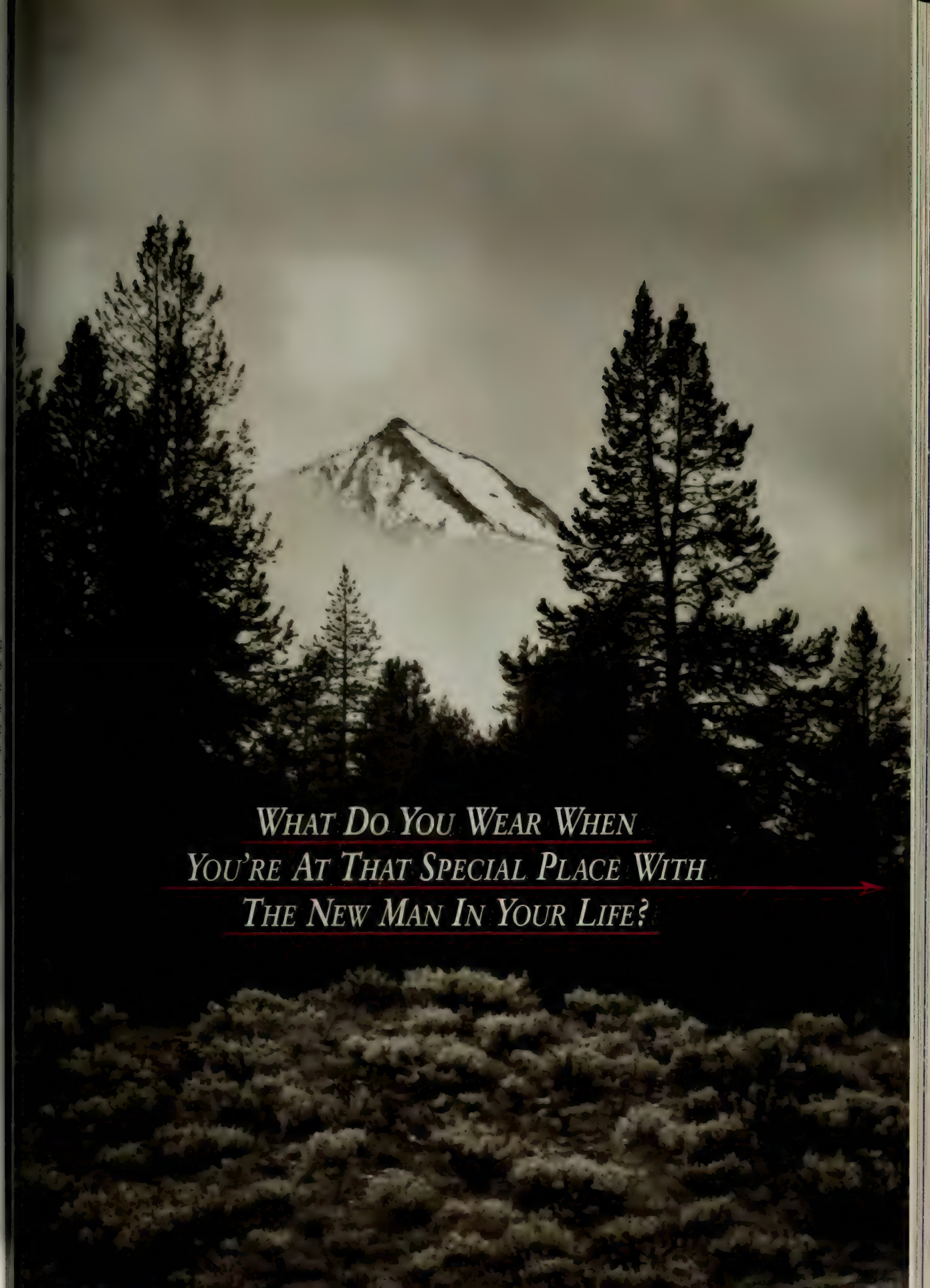
The holiday bloomers shown in this story are typically available locally in garden centers and grocery stores.

More freebies

Many houseplants can be divided after flowering, expanding your collection. Azaleas (*near right*) usually come two or three to a pot, and the root balls are easily separated with a small saw. Dividing a Christmas cactus (*far right*) is even simpler. Take a big knife and cut it in half or even quarter—the






What Do You Wear When
You're At That Special Place With
The New Man In Your Life?




REAL. COMFORTABLE. JEANS.
wrangler
W
for women

Rhyme-Time Rocker

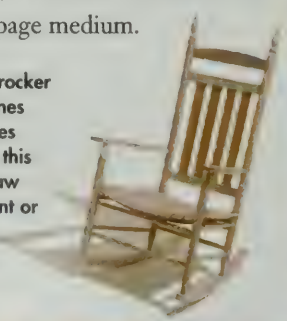
by Catherine Kramer

Nursery-rhyme characters and rub-on letters cover a chair that's as cute as Mary's little lamb and simple enough for Simon.

Materials: You'll need an unfinished or painted rocking chair; storybook with large, clear pictures; large and small scissors; ¼-inch press-on letters; decoupage glue; foam or bristle paintbrush.

Instructions: If your rocker is unfinished, seal it with a coat of paint or clear wood sealer. If it's painted, scrub it clean or apply a fresh coat. If it's varnished, lightly sand the surface, then wipe it clean with a tack cloth. Select pictures big enough to be seen from a distance but small enough to fit on individual parts of the chair. Oversize pictures can be cut into panels and spread over larger areas. Apply letters, composing rhymes across the slats, if desired. Seal with two coats of decoupage medium.





An unfinished rocker with straight lines and flat surfaces works best for this project. Seal raw wood with paint or varnish before decoupaging.



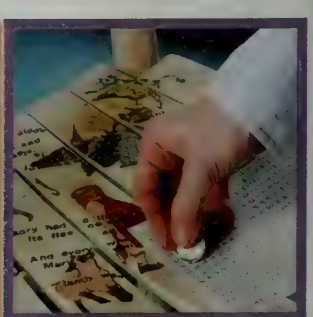
Cut images from a storybook, trimming away backgrounds. Large images can be sliced and spread over several slats.



Determine where each cutout will be placed on the chair, then paint the back of the image with decoupage glue.



Apply pictures to chair. Use your fingers or a sponge to smooth any excess decoupage glue and air bubbles.



Use a coin to rub on the letters that compose the rhymes. The letters don't have to be perfect to add a whimsical charm to the rocker.


Friends come over. You grill in. You laugh. Someone offers to scrub the grill. You say no. You are a martyr. Then you throw the grill in the dishwasher. And you laugh.
HealthSmart™ Grill. Indoors. No bugs. No mess. And dishwasher friendly. No lie.
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A Reel Mower

Say goodbye to pulling your mower's starter cord, inhaling gasoline fumes, and tolerating the roar of its engine. With a reel-type mower you can keep Saturday morning quiet and enjoy the smell of freshly cut grass instead. The modern versions of this old-fashioned design are small and lightweight so they're easy to push and don't take up much storage space—just hang them on hooks in the garage or wheel them into a backyard outbuilding. You won't have to worry about maintenance, either. Unlike gas mowers, all the push types need are an occasional sharpening and a spray of oil now and then to keep the blades from rusting.





No Deposit, Big Return

After bottles get taken back to the store for redemption, they are often smashed and the glass is recycled for use in other products. But Green Glass USA, offers another option. They turn used bottles into colorful and elegant drinking glasses that you can use over and over again. The company offers wine glasses and tumblers in a variety of colors and sizes.

Water Saver Some low-flow showerheads leave you feeling like you're standing in a drizzle, but not the Anystream 2000 from Speakman Company. It's designed to maximize a 2.5 gallon-per-minute flow rate. A twist of the lever changes the spray pattern from needle-fine streams to a coarse flood that has enough pressure to relax sore muscles and rinse shampoo. Turn another control to adjust the volume of water from none to a full-power spray.



continued on page 44

Create a Sensational Holiday with *Martha Stewart Living*™ and Minute Maid®.



Retail Value: $30.00

Free MARTHA STEWART'S KITCHEN COLLECTION™ WITH PROOFS-OF-PURCHASE

plus $4.95 shipping and handling.

ollect 12 qualifying proofs-of-purchase
om any 3 of these 4 participating brands
d receive Martha Stewart's Kitchen
ollection FREE (Retail Value $30.)

ach Kitchen Collection includes:

- A limited edition recipe tin with embossed lid
- 25 exclusive recipes with full-color pictures
- Helpful holiday cooking and entertaining tips
- Over $4.00 in coupons for Minute Maid products.

ow allow 6-8 weeks for delivery of merchandise.

PARTICIPATING BRANDS:

(Excluding 11.5 oz. cans and 10 oz. bottles)

- ANY MINUTE MAID® PREMIUM ORANGE JUICE
- ANY MINUTE MAID® PREMIUM LEMONADE, PUNCH OR LEMON JUICE
- ANY FIVE ALIVE® CITRUS BEVERAGE
- ANY BACARDÍ® MIXERS

QUALIFYING PROOFS-OF-PURCHASE:
Foil seal from plastic jugs and UPC codes from all other products.

All orders must be postmarked by 3/31/98.

To receive your Martha Stewart's Kitchen Collection(s), clearly print your name and address below. Mail this completed form with 12 proofs-of-purchase for each collection ordered plus a check or money order *(do not send cash)* for $4.95 shipping and handling per collection to:

Minute Maid Holiday Offer P.O. Box 2000 L Grand Rapids, MN 55745-2000

Name

Address (no PO Boxes)

City State Zip

Our Environment

continued from page 42

The holidays are a perfect time to think about reusable and recyclable gifts. Here are a few ways you can help others and recycle at the same time:

• **Participate in the Give the Gift of Sight Program.** Cosponsored by LensCrafters and Lions Clubs International, the program makes it easy for you to donate your old eyeglasses and sunglasses to needy people in developing countries. After you drop glasses off, they are cleaned, repaired, and classified by prescription, then distributed. Call 800/541-5367.

• **Donate your used, working computer equipment to Kidsurf Project.** Sponsored by the National Children's Coalition and Streetcats, the Kidsurf Project uses your old computers in tutoring programs for inner city youth. For more information, call 510/444-6074.

• **Recycle holiday greeting cards.** Contribute to the counseling of troubled kids by sending either entire cards, or just the fronts of cards, to St. Jude's Card Recycling, 100 St. Jude Street, Post Office Box 60100, Boulder City, NV 89006. The youth refurbish the cards by adding new backs, and sell them to help support the program.

• **Recycle sneakers and athletic shoes.** NIKE, Inc., sponsors the Reuse-A-Shoe program, which takes in used sneakers (all brands), grinds up selected parts, then remanufactures them into athletic equipment, such as playground padding, gymnastic mats, and running tracks. The equipment is donated to worthy causes. Call 800/352-6453 for drop-off locations and a Reuse-A-Shoe program description.

• **Donate your old books.** Many libraries welcome donations of used hardback and paperback books. Call your local library for information.

• **Put your old Christmas tree to good use.** When the holidays are over and your Christmas tree starts to brown, don't put it out with the trash. Many municipalities will make arrangements to collect the trees, which can be ground into mulch for gardens, parks, or animal stalls. Call your public works department for information or celebrate with a living Christmas tree. Plant a live tree outside your home and decorate it for the holidays.

• **Your old coats can keep others warm.** Make room in your closets by donating coats that you no longer wear to people who need them this winter. Call 703/684-5500 to locate your nearest Salvation Army drop-off point.

reader shopping

Environmentally Friendly Gifts

This year, consider giving gifts a bit more friendly to nature. Look for items that are recycled, products that conserve water, or items that reduce pollution like those we've shown on *page 42*.

Resourceful Recycling

Turning a bottle upside down to form a drinking glass is recycling at its most innovative. Green Glass USA gives discarded bottles a new lease on life by cutting them apart to form attractive wine glasses and tumblers. The **Tynant Wine Glasses** and **Tynant Tumblers** are a rich cobalt blue in color. The wine glasses measure 5¾ inches high and feature a clear glass base; the tumblers are 4 inches in diameter and 3½ inches high. The **DG Olive Wine Glasses** and **DG Olive Tumblers** are a subdued green in color. The wine glasses are 8 inches high; the tumblers are 3 inches in diameter and 4½ inches high. Wine glasses are $84.95 per set of four; tumblers are $69.95 per set of four. Prices include shipping, handling, and applicable sales tax.

Variable Showering

The **Anystream 2000**, new from Speakman Company, is a full-size showerhead featuring volume, pause, and velocity control—a full range of flow options. You save both water and energy. The chrome-finish showerhead sells for $56.95, which includes shipping, handling, and applicable sales tax.

Quiet Lawn Care

Get some real exercise while you mow. This **Classic Reel Mower** from Gardener's Supply Company cuts your grass cleanly and runs without noise or fumes. The old-fashioned drag roller on the back has been replaced by two smooth-rolling wheels; five heat-tempered steel blades cut a full 20-inch swath. Ball bearings keep blades spinning freely. The height for cutting adjusts from 1 to 3 inches. A **Grass Catcher** with a galvanized steel base (*not shown*) holds one bushel and is included. The price of the mower and grass-catcher set is $249.95, which includes shipping, handling, and applicable sales tax.

TO ORDER with your Mastercard, Visa, or American Express card, call 800/881-4066. To order by mail, make a list of the items you wish to purchase and calculate the total from the prices shown *above*. Then send your list with a check for the total to: *Better Homes and Gardens*® Reader Shopping Service, Dept. 9712, Box 9128, Des Moines, IA 50306-9128.

Campbell's®

ONE DISH WONDER



Simply delicious, deliciously simple.

Campbell's® Easy Chicken & Pasta

Prep Time: 5 min. Cook Time: 25 min.

- 1 lb. skinless, boneless chicken breasts, cut up
- 1 tbsp. vegetable oil
- 1 can (10 3/4 oz.) Campbell's® Condensed Cream of Mushroom Soup
- 2 1/4 cups water
- 1/2 tsp. dried basil leaves, crushed
- 2 cups frozen vegetable combination (broccoli, cauliflower, carrots)
- 2 cups ***uncooked*** corkscrew pasta
- Grated Parmesan cheese

1. In skillet brown chicken in hot oil. Set aside. Add soup, water, basil and vegetables. Heat to a boil.
2. Add ***uncooked*** pasta. Cook over medium heat 10 min., stirring often. *The pasta cooks right in the soup!*
3. Add browned chicken. Cook 5 min. or until pasta is done, stirring often. ***Sprinkle with cheese***. Serves 4.

Free Recipe Booklet: For more recipes send name, address and 50¢ for P&H to: Campbell's, Dept. A., P.O. Box 4116, St. Cloud, MN 56398-4116. While supplies last.

The soup made with FRESH MUSHROOMS



www.campbellsoup.com

©1997 Campbell Soup Company

Campbell's Makes Everything *Mm! Mm!* Better™

The One to Watch

Better Homes and Gardens® Television launched this fall with the kind of programming you'd expect from America's premier home and family magazine. Here's a state-by-state list of when and where to tune in. Dates and times are subject to change, so check your local listings for the latest information.

ALABAMA
Birmingham: WBMG ch. 42 Friday 12:00 noon
Mobile: WKRG ch. 5 Saturday 6:00 a.m.
Montgomery: WHOA ch. 32 Saturday 6:00 a.m.

ALASKA
Anchorage: KTBY ch. 4 Saturday 3:30 p.m.
Fairbanks: KXD ch. 13 Sunday 4:00 p.m.

ARIZONA
Phoenix: KPHO ch. 5 Sunday 4:30 p.m.
Tucson-Nogales: KVOA ch. 4 Saturday 6:30 p.m.

ARKANSAS
Fort Smith: KSBN ch. 57 Tuesday 2:30 p.m./Sunday 2:30 p.m.
Little Rock-Pine Bluff: KKYK ch. 22 Saturday 6:00 a.m.

CALIFORNIA
Eureka: KVIQ ch. 6 Sunday 5:00 p.m.
Fresno-Visalia: KJEO ch. 47 Sunday 6:30 a.m.
Los Angeles: KABC ch. 7 Sunday 12:00 noon
Palm Springs: KMIR ch. 6 Sunday 8:30 a.m.
Sacramento-Stockton-Modesto: KXTV ch. 10 Sunday 9:30 a.m.
San Diego: KFMB ch. 8 Sunday 10:00 a.m.
San Francisco-Oakland-San Jose: KGO ch. 7 Sunday 12:30 p.m.
Santa Barbara-Santa Maria-San Luis Obispo: KSBY ch. 6 Sunday 5:00 a.m.

COLORADO
Denver: KMGH ch. 7 Saturday 5:00 a.m.
Grand Junction-Montrose: KKCO ch. 11 Saturday 9:00 a.m./12:00 noon; Sunday 9:00 a.m./12:00 noon

CONNECTICUT
Hartford-New Haven: WVIT ch. 30 Sunday 9:30 a.m.

DISTRICT of COLUMBIA
WUSA ch. 9 Sunday 12:30 p.m.

FLORIDA
Fort Myers-Naples: WZVN ch. 26 Sunday 8:00 a.m.
Gainesville: WOGX ch. 51 Sunday 11:00 a.m.
Jacksonville: WJXT ch. 4 Saturday 5:30 a.m.
Miami-Ft. Lauderdale: WTVJ ch. 6 Sunday 6:30 a.m.
Orlando-Daytona-Melbourne: WCPX ch. 6 Saturday 6:30 a.m.
Panama City: WJHG ch. 7 Saturday 5:30 a.m.
Tampa-St. Petersburg-Sarasota: WFLA ch. 8 Saturday 6:30 a.m.
West Palm Beach-Fort Pierce: WPEC ch. 12 Saturday 6:00 a.m.

GEORGIA
Albany: WSST ch. 55 Friday 12:30 p.m.
Atlanta: WAGA ch. 5 Saturday 5:00 a.m.
Columbus: WLTZ ch. 38 Saturday 6:30 a.m.
Macon: WPGA ch. 58 Sunday 5:30 a.m.
Savannah: WSAV ch. 3 Sunday 5:30 a.m.

HAWAII
Honolulu: KGMB ch. 9 Sunday 1:00 p.m.

IDAHO
Boise: KTRV ch. 12 Saturday 4:30 p.m.
Idaho Falls-Pocatello: KIFI ch. 8 Sunday 8:30 a.m.
Twin Falls: KMVT ch. 11 Sunday 5:00 p.m.

ILLINOIS
Champaign-Springfield-Decatur: WAND ch. 17 Sunday 10:30 p.m.
Peoria-Bloomington: WMBD ch. 31 TBA
Rockford: WTVO ch. 17 Sunday 9:00 a.m.

INDIANA
Evansville: WFIE ch. 14 Saturday 5:00 a.m.
Fort Wayne: WPTA ch. 21 Saturday 5:00 a.m.
Indianapolis: WTHR ch. 13 Sunday 6:30 a.m.
Lafayette: WLFI ch. 18 TBA
Peoria-Bloomington: WMBD ch. 31 TBA
South Bend-Elkhart: WNDU ch. 16 TBA

IOWA
Cedar Rapids-Waterloo-Dubuque: KWWL ch. 7 Sunday 5:00 a.m.
Davenport-Rock Island-Moline: KWQC ch. 6 Saturday 6:00 a.m.
Des Moines-Ames: WHO ch. 13 Saturday 12:00 noon
Ottumwa-Kirksville: KYOU ch. 15 Sunday 10:30 a.m.

KANSAS
Pittsburg: KOAM ch. 7 Sunday 6:30 a.m.
Topeka: KSNT ch. 27 Saturday 6:30 a.m.
Wichita-Hutchinson: KWCH ch. 12 Sunday 6:30 a.m.

KENTUCKY
Lexington: WTVQ ch. 36 Sunday 6:30 a.m.
Louisville: WLKY ch. 32 Sunday 1:00 p.m.
Paducah-Cape Girardeau-Harrisburg-Mt. Vernon: WSIL ch. 3 Sunday 6:30 a.m.

LOUISIANA
Alexandria: KALB ch. 5 Sunday 6:30 a.m.
Baton Rouge: WAFB ch. 9 Sunday 12:00 noon
Lafayette: KLFY ch. 10 Sunday 3:30 a.m.
New Orleans: WWL ch. 4 Saturday 6:30 a.m.
Shreveport: KSLA ch. 12 Saturday 3:00 a.m.

MAINE
Bangor: WLBZ ch. 2 Sunday 6:00 a.m.
Portland-Auburn: WCSH ch. 6 Sunday 6:30 a.m.

MARYLAND
Baltimore: WMAR ch. 2 Sunday 11 a.m.
Salisbury: WBOC ch. 16 Sunday 12:00 noon

MASSACHUSETTS
Boston: WBZ ch. 4 Saturday 5:30 a.m.

MICHIGAN
Detroit: WXYZ ch. 7 Sunday 6:00 a.m.
Flint-Saginaw-Bay City: WNEM ch. 5 Sunday 11:00 a.m.
Grand Rapids-Kalamazoo-Battle Creek: WOOD ch. 8



Saturday 11:00 a.m.
Lansing: WLNS ch. 6 Sunday 6:00 a.m.
Marquette: WJMN ch. 3 Sunday 1:00 p.m.
Traverse City-Cadillac: WPBN ch. 7 Sunday 11:00 a.m.

MINNESOTA
Duluth: WDIO ch. 10 Sunday 10:30 a.m.
Minneapolis-St. Paul: WCCO ch. 4 Sunday 12:00 noon

MISSISSIPPI
Hattiesburg-Laurel: WHLT ch. 22 Saturday 5:30 a.m.
Jackson: WJTV ch. 12 Saturday 5:30 a.m.

MISSOURI
Columbia-Jefferson City: KRCG ch. 13 Sunday 10:00 a.m.
Kansas City: KCTV ch. 5 Sunday 11:30 a.m.
Springfield: KSPR ch. 33 Sunday 11:30 a.m.
St. Louis: KMOV ch. 4 Saturday 11:30 a.m.

MONTANA
Billings: KULR ch. 8 Saturday 5:30 a.m.
Butte-Bozeman: KWYB ch. 18 Sunday 10:30 a.m.
Great Falls: KFBB ch. 5 Sunday 10:30 a.m.
Helena: KHBB ch. 5 Sunday 10:30 a.m.
Missoula: KTMF ch. 23 Sunday 10:30 a.m.

NEBRASKA
Omaha: WOWT ch. 6 Sunday 6:30 a.m.

NEVADA
Las Vegas: KVVU ch. 5 Saturday 12:00 noon
Reno: KOLO ch. 8 Sunday 5:30 a.m.

NEW MEXICO
Albuquerque-Santa Fe: KASY ch. 50 Saturday 9:30 a.m.

NEW YORK
Albany-Schenectady-Troy: WRGB ch. 6 Sunday 11:30 a.m.
Buffalo: WGRZ ch. 2 Saturday 10:30 a.m.
Elmira: WENY ch. 36 Sunday 11:30 a.m.
New York: WNBC ch. 4 Saturday 6:00 a.m.
Rochester: WROC ch. 8 Sunday 12:30 p.m.
Syracuse: WSTM ch. 3 Saturday 5:30 a.m.
Utica: WUTR ch. 20 Saturday 7:00 a.m./6:00 p.m.; Sunday 7:00 a.m./6:00 p.m.
Watertown: WWTI ch. 50 Sunday 7:00 a.m.

NORTH CAROLINA
Charlotte: WCNC ch. 36 Saturday 6:30 a.m.
Greensboro-High Point-Winston Salem: WXII ch. 12 Sunday 7:00 a.m.
Greenville-New Bern-Washington: WNCT ch. 9 Sunday 6:30 a.m.
Raleigh-Durham: WKFT ch. 40 Saturday 6 a.m./Sunday 5:30 p.m.

NORTH DAKOTA
Fargo-Valley City: KXJB ch. 4 Saturday 11:30 a.m.

OHIO
Cincinnati: WLWT ch. 5 Saturday 6:30 a.m.
Cleveland: WKYC ch. 3 Saturday 6:30 a.m./Sunday 1:30 p.m.
Columbus: WSYX ch. 6 Sunday 9:00 a.m.
Dayton: WKEF ch. 22 Saturday 6:00 a.m.
Toledo: WTVG ch. 13 Sunday 9:00 a.m.
Youngstown: WKBN ch. 27 Sunday 6:30 a.m.

OKLAHOMA
Lawton: KSWO ch. 7 Saturday 6:30 a.m.
Oklahoma City: KOKH ch. 25 Saturday 3:30 a.m.
Tulsa: KTUL ch. 8 Sunday 12:00 noon

OREGON
Eugene: KVAL ch. 13 Sunday 9:00 a.m.
Portland: KOIN ch. 6 Sunday 9:00 a.m.

PENNSYLVANIA
Erie: WFXP ch. 66 Sunday 6:00 a.m.
Harrisburg-Lancaster-Lebanon-York: WGAL ch. 8 Sunday 6:00 a.m.
Philadelphia: KYW ch. 3 Saturday 6:00 a.m.
Pittsburg: KDKA ch. 2 Sunday 5:30 a.m.
Wilkes Barre-Scranton: WNEP ch. 16 Saturday 7:30 p.m.

RHODE ISLAND
Providence-New Bedford: WLNE ch. 6 Sunday 6:00 a.m.

SOUTH CAROLINA
Charleston: WCBD ch. 2 Sunday 6:30 a.m.
Columbia: WIS ch. 10 Saturday 6:00 a.m.
Florence-Myrtle Beach: WBTW ch. 13 Sunday 11:00 a.m.
Greenville: WYFF ch. 4 Sunday 6:00 a.m.

SOUTH DAKOTA
Rapid City: KEVN ch. 7 Sunday 6:30 a.m.
Sioux Falls-Mitchell: KSFY ch. 13 Sunday 12:30 p.m.

TENNESSEE
Chattanooga: WDEF ch. 12 Saturday 6:30 a.m.
Johnson City: WJHL ch. 11 Sunday 6:30 a.m.
Knoxville: WBIR ch. 10 Saturday 6:30 a.m.
Memphis: WPTY ch. 24 Sunday 5:30 a.m.
Nashville: WSMV ch. 4 Sunday 9:30 a.m.

TEXAS
Amarillo: KVII ch. 7 Sunday 9:00 a.m.
Austin: KTBC ch. 7 Saturday 7:30 a.m.
Beaumont-Port Arthur: KJAC ch. 4 Sunday 5:00 p.m.
Corpus Christi: KRIS ch. 47 Saturday 6:30 a.m.
Dallas-Ft. Worth: WFAA ch. 8 Sunday 6:00 a.m.
El Paso: KJLF ch. 65 Sunday 1:30 p.m.
Houston: KTRK ch. 13 Sunday 11:30 a.m.
Lubbock: KJTV ch. 34 Sunday 7:00 a.m.
Odessa-Midland: KMID ch. 2 Sunday 12:00 noon
San Antonio: KMOL ch. 4 Sunday 9:00 a.m.
Tyler-Longview: KLTV ch. 7 Sunday 6:30 a.m.

UTAH
Salt Lake City: KUTV ch. 2 Sunday 10:30 a.m.

VERMONT
Burlington: WCAX ch. 3 Sunday 8:00 a.m.

VIRGINIA
Norfolk-Portsmouth-Newport News: WVEC ch. 13 Sunday 1:30 p.m.
Richmond-Petersburg: WRLH ch. 35 Sunday 5:30 a.m.
Roanoke-Lynchburg: WSLS ch. 10 Saturday 6:00 a.m.

WASHINGTON
Seattle-Tacoma: KOMO ch. 4 Saturday 6:30 a.m.
Spokane: KXLY ch. 4 Sunday 8:30 a.m.
Yakima-Pasco-Richland-Kennewick: KIMA ch. 29 Sunday 10:00 a.m.

WEST VIRGINIA
Parkersburg: WTAP ch. 15 TBA

WISCONSIN
Green Bay-Appleton: WFRV ch. 5 Sunday 12:00 noon
LaCrosse-Eau Claire: WKBT ch. 8 Sunday 3:00 p.m.
Madison: WISC ch. 3 Sunday 3:00 p.m.
Milwaukee: WTMJ ch. 4 Sunday 6:30 a.m.

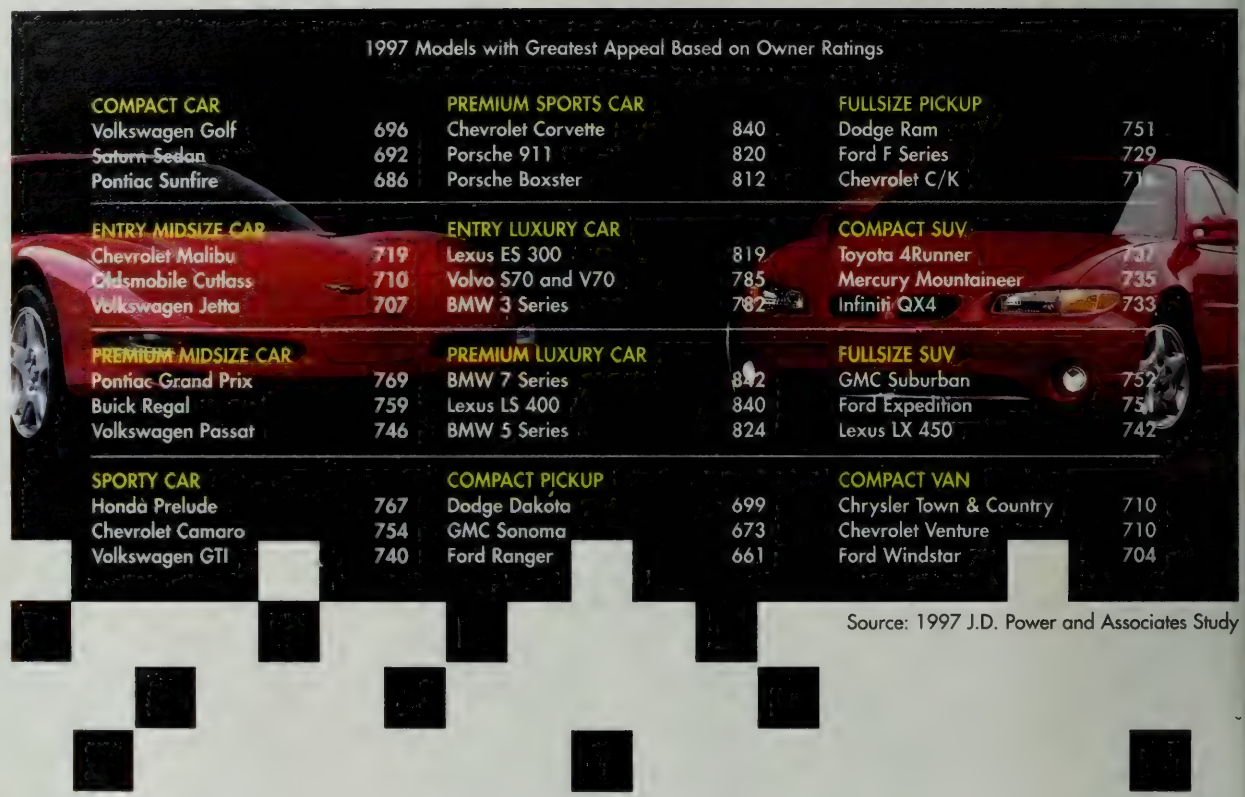
WYOMING
Casper-Riverton: KTWO ch. 2 Sunday 6:30 a.m.
Cheyenne-Scottsbluff-Sterling: KKTU ch. 33 Sunday 6:30 a.m.





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1997 Models with Greatest Appeal Based on Owner Ratings

COMPACT CAR		**PREMIUM SPORTS CAR**		**FULLSIZE PICKUP**	
Volkswagen Golf	696	Chevrolet Corvette	840	Dodge Ram	751
Saturn Sedan	692	Porsche 911	820	Ford F Series	729
Pontiac Sunfire	686	Porsche Boxster	812	Chevrolet C/K	71
ENTRY MIDSIZE CAR		**ENTRY LUXURY CAR**		**COMPACT SUV**	
Chevrolet Malibu	719	Lexus ES 300	819	Toyota 4Runner	737
Oldsmobile Cutlass	710	Volvo S70 and V70	785	Mercury Mountaineer	735
Volkswagen Jetta	707	BMW 3 Series	782	Infiniti QX4	733
PREMIUM MIDSIZE CAR		**PREMIUM LUXURY CAR**		**FULLSIZE SUV**	
Pontiac Grand Prix	769	BMW 7 Series	842	GMC Suburban	752
Buick Regal	759	Lexus LS 400	840	Ford Expedition	751
Volkswagen Passat	746	BMW 5 Series	824	Lexus LX 450	742
SPORTY CAR		**COMPACT PICKUP**		**COMPACT VAN**	
Honda Prelude	767	Dodge Dakota	699	Chrysler Town & Country	710
Chevrolet Camaro	754	GMC Sonoma	673	Chevrolet Venture	710
Volkswagen GTI	740	Ford Ranger	661	Ford Windstar	704

Source: 1997 J.D. Power and Associates Study

Rating New-Car Appeal

Before you buy a new car, wouldn't you love to know how hundreds of other owners rate the model you're considering? That's what research firm J.D. Power and Associates tries to find out in its car appeal study.

The study asks buyers what they like and dislike about their new vehicles after owning them for about three months. It also measures the emotional appeal of the cars by rating attributes such as styling, overall appearance, roominess, interior color coordination, and visibility.

Power calls this the APEAL study, which stands for Automotive Performance, Execution, and Layout. It's not as well known as the company's initial quality study (see our November issue for those results), but it's another indicator of which automakers are producing vehicles that make buyers happy.

The study slices the auto world into 12 segments (see chart *above*), and this year seven of those 12 categories were topped by models that were redesigned for 1997—Pontiac Grand Prix, Chevrolet Malibu, Honda Prelude, Lexus ES 300, Dodge Dakota pickup, Chevrolet Venture minivan, and Chevrolet Corvette.

In the entry-level midsize car category, which includes several popular family vehicles, Chevrolet Malibu scored highest. Malibu buyers liked its cargo space, roominess, and the visibility of gauges and the instrument panel.

The Pontiac Grand Prix topped the premium midsize car segment. Owners liked its styling, legroom, interior color coordination, and highway passing power.

In the minivan group, the new Chevrolet Venture arrived on the scene to tie for first with last year's leader, the Chrysler Town and Country. Venture owners liked the driver's forward visibility, overall exterior styling, and front headroom. Town and Country owners cited front headroom and driver's forward visibility, plus the number and size of cup holders, and the smooth ride.

Toyota 4Runner owners gave it the best ratings in the intensely competitive compact sport/utility group. GMC Suburban and Ford Expedition were only one point apart at the top of the fullsize sport/utility category.

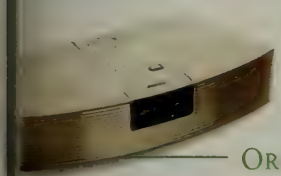
continued on page 52



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Your Family Car

continued from page 50







The new Mercedes-Benz ML320 is wider than most compact sport/utility vehicles, so three adults can ride comfortably in the rear seats. The seats have a sheet-metal liner to protect riders from sliding cargo in an accident and to provide a rigid loading surface when the seats are folded.

NEW AND NOTEWORTHY

Mercedes-Benz engineered a splashy entrance into the sport/utility market this fall with its new ML320 (*right*), a vehicle with an amazing dual personality. It rides like a luxury sedan, yet it's tough enough to slog through off-road rough stuff that would make most vehicles shudder and shake.

You expect luxury from Mercedes, but you might be surprised to get it for $33,950. At that base price, the M-class competes with Ford Explorer Limited ($33,595) and Jeep Grand Cherokee Limited ($33,790) at the premium end of compact sport/utility sales.

For serious off-roaders and snow country drivers, the ML320 offers full-time four-wheel drive and a four-wheel electronic traction system that always sends power to the wheels with traction. When the going gets really tough, you push a button to shift into low range and the 215-horsepower engine clambers through mountain-goat terrain or the worst winter can throw at you.

But because 90 percent of sport/utility owners never take the vehicles off road (at least not intentionally), on-road refinement is more important than off-road ruggedness. That's where the Mercedes moves to the head of the class. It boasts an unusually smooth ride, easily among the best of the 38 sport/utility vehicles sold in the United States, partly because it's not built on a truck platform. Mercedes designed the M-Class from the ground up, giving it independent front and rear suspension to smooth out the bumps and make it handle like a sports sedan.

The compact appearance belies its hefty cargo capacity. With seats down, it offers 85.4 cubic feet of storage, a bit more than the best-selling Ford Explorer and enough to haul 39 standard grocery bags.

Front air bags, door-mounted side air bags, and advanced antilock brakes are standard. The tough, trucklike frame and reinforced steel body cage, which are necessary for its off-road prowess, also protect passengers in the event of a crash.

SAFETY WATCH

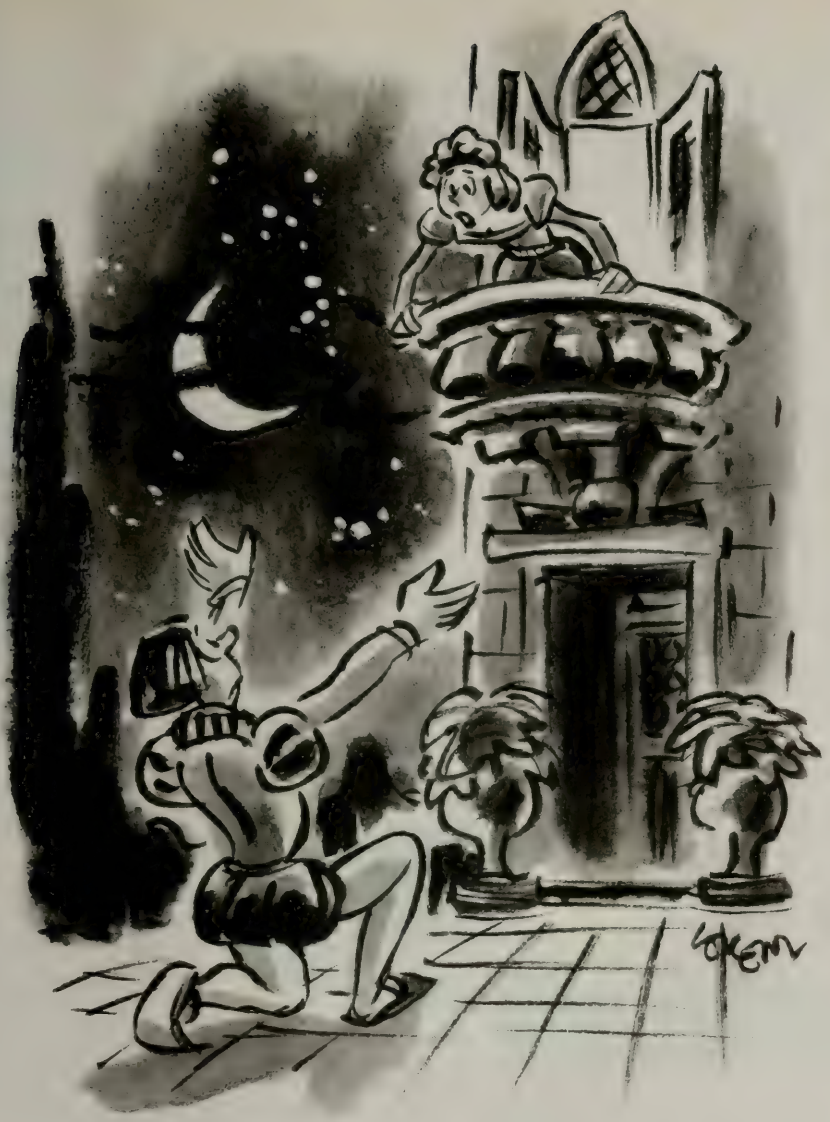
The tire that won't go flat

There's never a good time to have a flat tire. Murphy's Law dictates that your next blowout will happen in a driving rainstorm or blinding snow. If you don't know where the jack is hidden in your car and don't want to learn, Goodyear has the tire for you. It's called the Extended Mobility Tire, which is Goodyear's way of saying it will keep rolling even when it's flat out of air. Also called the "run flat" tire, it has the strength to keep rolling at 50 mph for up to 200 miles with no air pressure.

It looks like a normal tire on the outside, and rides much like one too. Inside, a blend of chemicals and a sandwich construction give the sidewall enough strength to support the car, even after a puncture one-half inch in diameter. A version of this tire has been original equipment on the Corvette sports car since 1994.



The main drawback: Price. Each tire will cost about $10 more than conventional tires. You also need a pressure warning system because it's almost impossible to tell when one of these run-flat tires is low on air. The system costs about $250. Extended mobility tires for most family vehicles will be available in March.



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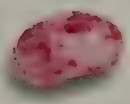
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48154; 810/486-4203; catalog $2. Select Seeds Antique Flowers, 180 Stickney Rd., Union, CT 06076; 203/684-9310; catalog $3. **Dahlias**—Swan Island Dahlias, Box 700, Canby, OR 97013; 503/266-7711; catalog $3. Alpen Gardens, 173 Lawrence Lane, Kalispell, MT 59901; 406/257-2540; free catalog. Far North Gardens (address above). **Canna Pretoria**—Louisiana Nursery, Rt. 7, Box 43, Opelousas, LA 70570; 318/948-3696; catalog $3. Brudy's Exotics, P.O. Box 820874, Houston, TX 77282; 800/926-7333; catalog $2. **Helianthus Lemon Queen**—Thompson & Morgan, P.O. Box 1308, Farraday and Gramme Aves., Jackson, NJ 08527; 800/274-7333; free catalog.

HOME FOR THE HOLIDAYS

Page 102 (*top*): dress-up hutch, 222-12; **daddy's girl dresser,** 222-221; **(*bottom*): hideout bunk bed,** 222-195C—from the Betsy Cameron Collection, Lexington Furniture Ind., P.O. Box 1008, Lexington, NC 27293; for a dealer near you call 800/539-4636.
Page 104 (*top*): Annie's armoire, 222-311—from the Betsy Cameron Collection, Lexington Furniture Ind. (address above). **All other items shown**—antique, discontinued, or a personal belonging.

CAN-DO CHRISTMAS

Page 107: all ribbon—Midori, Inc.; 206/282-3595.
Page 112: topiary frames and living wreaths—Kinsman Co., Inc.; 800/733-4146.
Page 113 (*top right*): iron angel sconce—My Sister Shabby's, 304 Fifth St., West Des Moines, IA 50265-9409; 888/742-2294.

LET HEAVEN AND NATURE SING

Page 118: parlor club chairs, 7424-28 (Antique White)—Palecek, P.O. Box 225, Richmond, CA 94808; 800/274-7730. **All other items shown**—antique or a personal belonging.

continued on page 56

Buying guide
SHOPPING

Most of the products shown editorially in *Better Homes and Gardens*® magazine can be obtained locally. For more information, write the manufacturers listed below.

GIFTS FROM THE HEART

Page 18: pearl package decoration—Creative Beginnings; 800/367-1739.
Page 26: nativity collection—Lenox China; for a dealer near you call 800/635-3669.

GARDENER'S ALMANAC

Pages 90–93: variegated red-twig dogwoods—Forestfarm, 990 Tetherow Rd., Williams, OR 97544; 541/846-7269; catalog $4. Arborvillage Farm Nursery, P.O. Box 227, Holt, MO 64048; 816/264-3911; catalog $1. **Echeverias**—Yucca Do Nursery, Rt. 3, Box 104, Hempstead, TX 77445; 409/826-4580; catalog $4. Logee's Greenhouses, 141 North St., Danielson, CT 06239; 203/774-8038; catalog $3. **Forsythias**—Twombly Nursery, 163 Barn Hill Rd., Monroe, CT 06468; 203/261-2133; catalog $4. **Salvia Indigo Spires**—Plant Delights Nursery, 9241 Sauls Rd., Raleigh, NC 27603; 919/772-4794; catalog $3.20. Twombly Nursery (address above). Logee's Greenhouses (address above). **Tagetes patulas**—Far North Gardens, 16785 Harrison, Livonia, MI

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Buying Guide

continued from page 55

TASTEFUL TRADITIONS

Page 143: white and gold pie plate—Laurie Gates Designs, 1936 South Pontius Ave., Los Angeles, CA 90025; 310/575-1418. **White plate,** "Portsmouth"—Crate & Barrel; for store nearest you call 800/323-5461. **Ribbon creamware plate**—Hartley Greens & Co., available at Hollyhock, 214 North Larchmont Blvd., Los Angeles, CA 90004; 213/931-3400. **Runner,** "Natale Antica"—Peggy Walz, Inc., through Amen Wardy; 970/920-7700.

Page 144: bowl, "Portsmouth"—Crate & Barrel; for store nearest you call 800/323-5461.

Page 145: soup tureen and soup bowl—Hartley Greens & Co. (address above).

Page 146: platter with gold band—Michael Wainwright Pottery, 475 Dean St., Brooklyn, NY 11217; 718/789-8911. **Red chenille throw**—Churchill Weavers, P.O. Box 30, Berea, KY 40403; 606/986-3126.

Page 147: red mercury glass, "Gourd" and "Melon," **candleholders and ornaments**—The Foreside Co., 33 Hutcherson Dr., Gorham, ME 04038; 207/854-4000.

Pages 148–149 (*bottom left*): red glassware, "Arlington"—Dalzell-Viking, 802 Pkwy., New Martinsville, WV 26155; 800/237-0005.



Sentimental treasures and favorite holiday foods are meant to be shared throughout the season (see Tasteful Traditions, *page 143*).

Dinner and salad plates, "Fruits of Life"; **turkey platter and vegetable bowls**—Lenox, 100 Lenox Dr., Lawrenceville, NJ 08648; 800/635-3669. **Napkins,** "Antique Toys"—Peggy Walz, Inc.; 212/645-5003. **Footed centerpiece bowl,** Crate & Barrel; for a store nearest you call 800/323-5461. (***Right*): plate,** "Fruits of Life"—Lenox (address above).

Page 150: three-tiered glass stand, "Candlewick"—Dalzell-Viking (address above).

READER SHOPPING

Page 44: Speakman Showerhead—Speakman Co., P.O. Box 191, Wilmington, DE 19899; **Reel Lawn Mower and Grass Catcher**—Gardener's Supply, 128 Intervale Rd., Burlington, VT 05401. **Wine Glasses and Tumblers**—Green Glass USA, P.O. Box 1040, Great Barrington, MA 01230.

Page 93: Variegated Red-Twig Dogwood—Miller Nurseries, 5060 West Lake Rd., Canandaigua, NY 14424.

Page 124: Snowflake Rubber Stamp Kit—Rubber Stampede, 967 Stanford Ave., Oakland, CA 94608.

Page 140: Winter White Bulbs: Amaryllis and Paper-white Narcissus—Van Bourgondien Brothers, 245 Rt. 109, Babylon, NY 11702-0598.

Page 160: Mandoline Slicer—Fox Run Craftsmen, P.O. Box 2727, Ivyland, PA 18974.

Page 162: Christmas Cookie Cutter Set—Fox Run Craftsmen (address above). Off the Beaten Path, 12612 Southridge Dr., Liberty, MO 64068. **Nonstick Muffin Tin Set**—Fox Run Craftsmen (address above).

Page 170: Garlic Roaster—Fox Fun Craftsmen (address above). **Ice-Cream Maker**—Browne and Co., 100 Esna Park Dr., Markham, Ontario, Canada L3R1E3.

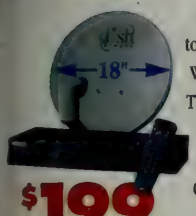
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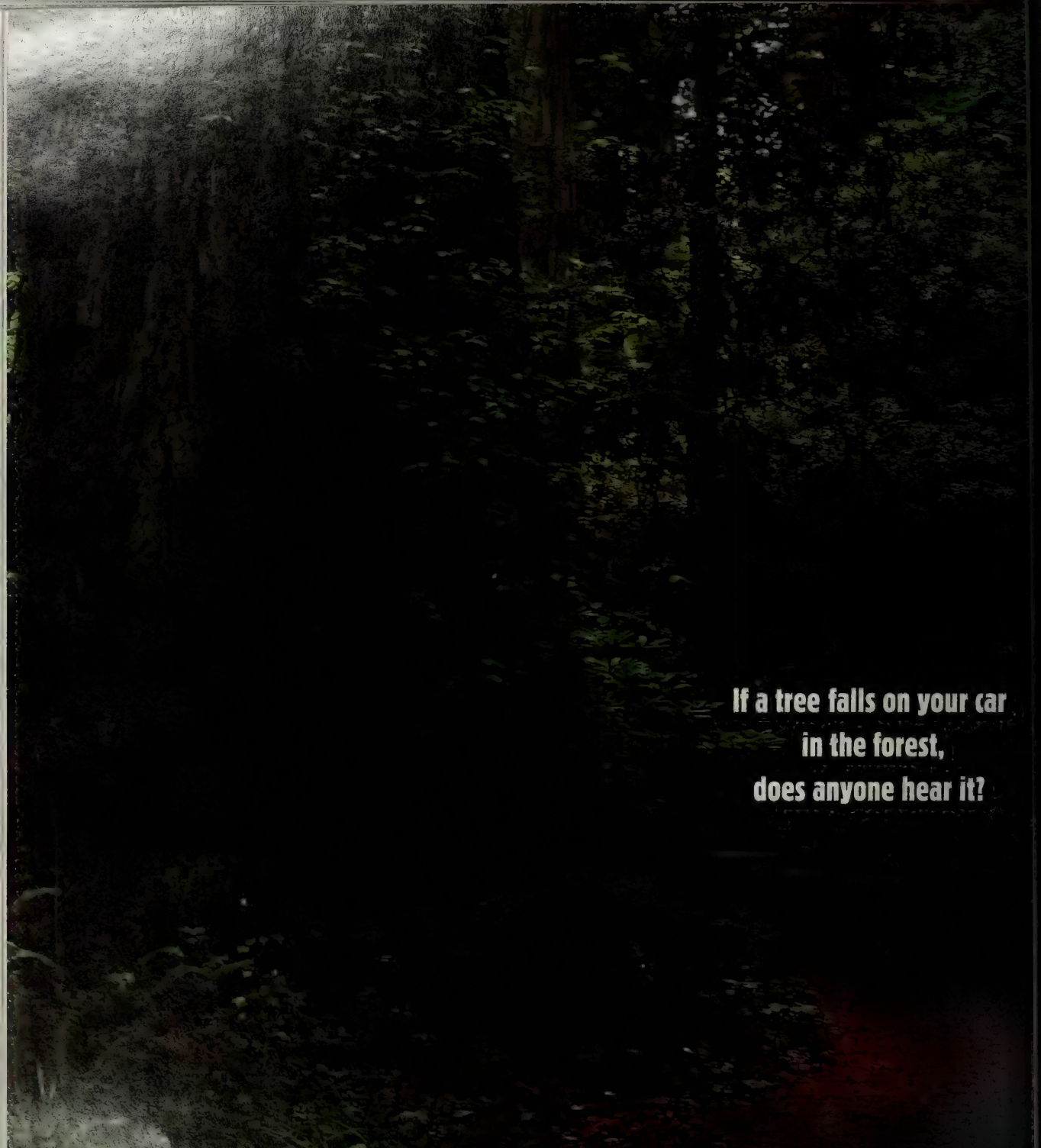
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Depression saddens.

Depression is a real illness with real causes. It can be triggered by stressful life events. Even happy events–like the holidays, a graduation or the birth of a baby–can cause stress that leads to depression in some people. Or depression can appear suddenly, for no apparent reason.

Some people think you can just will yourself out of a depression. That's not true. When you're clinically depressed, one thing that can happen is the level of serotonin (a chemical in your body) may [illegible]. So you may have trouble sleeping. Feel unusually sad or irritable. Find it hard to concentrate. Lose your appetite. Lack energy. Or have trouble feeling pleasure. These are some of the symptoms that can point to depression–especially if they last for more than a couple of weeks and if normal, everyday life feels like too much to handle.

To help bring serotonin levels closer to normal, the medicine doctors now prescribe most often is Prozac.® Prozac isn't a "happy pill." It's not a tranquilizer. It won't take away your personality. Depression can do that, but Prozac can't.

Prozac has been carefully studied for nearly 10 years. Like other antidepressants, it isn't habit-forming. But some people do experience mild side effects, like upset stomach, headaches.



Prozac can help.

difficulty sleeping, drowsiness, anxiety and nervousness. These tend to go away within a few weeks of starting treatment, and usually aren't serious enough to make most people stop taking it. However, if you are concerned about a side effect, or if you develop a rash, tell your doctor right away. And don't forget to tell your doctor about any other medicines you are taking. Some people should not take Prozac, especially people on MAO inhibitors.

As you start feeling better, your doctor can suggest therapy or other means to help you work through your depression. Remember, Prozac is a prescription medicine, and it isn't right for everyone. Only your doctor can decide if Prozac is right for you–or for someone you love. Prozac has been prescribed for more than 17 million Americans. Chances are someone you know is feeling merry again because of it.

prozac®
fluoxetine hydrochloride

Welcome back.

Please see important information on following page.

Lilly

http://www.lilly.com

Prozac®
fluoxetine hydrochloride

Brief Summary. Consult the package insert for complete prescribing information.

Indications: For the treatment of depression, obsessive-compulsive disorder (OCD), and bulimia nervosa.

Contraindications: Known hypersensitivity to Prozac.

Monoamine Oxidase Inhibitors—There have been reports of serious, sometimes fatal, reactions in patients receiving fluoxetine in combination with an MAOI and in patients who have recently discontinued fluoxetine and are then started on an MAOI. Some cases presented with features resembling neuroleptic malignant syndrome.

Wait at least 14 days between discontinuing an MAOI and starting therapy with Prozac. Because of the long half-lives of fluoxetine and its active metabolite, wait at least 5 weeks (or longer, if fluoxetine has been prescribed chronically and/or at higher doses) between discontinuing Prozac and starting therapy with an MAOI. Prozac should not be used concomitantly with MAOIs.

Warnings: *Rash and Possibly Allergic Events*—In US fluoxetine clinical trials, 7% of 10,782 patients developed various types of rashes and/or urticaria. Among the cases reported in premarketing clinical trials, almost a third of these discontinued therapy because of rash and/or associated systemic signs or symptoms. Reported in association with rash were fever, leukocytosis, arthralgias, edema, carpal tunnel syndrome, respiratory distress, lymphadenopathy, proteinuria, and mild transaminase elevation. Most patients improved promptly upon discontinuation of fluoxetine and/or adjunctive treatment with antihistamines or steroids, and all were reported to recover completely.

Of 2 patients who developed a serious cutaneous systemic illness during premarketing clinical trials, 1 was considered to have a leukocytoclastic vasculitis, and the other, a severe desquamating syndrome considered variously to be a vasculitis or erythema multiforme. Other patients have had systemic syndromes suggestive of serum sickness.

Since the introduction of Prozac, systemic events possibly related to vasculitis have developed in patients with rash. Although these events are rare, they may be serious, involving the lung, kidney, or liver. Death has been reported to occur in association with these systemic events.

Anaphylactoid events, including bronchospasm, angioedema, and urticaria alone and in combination, have been reported.

Pulmonary events, including inflammatory processes of varying histopathology and/or fibrosis, have been reported rarely. These events have occurred with dyspnea as the only preceding symptom.

Whether these systemic events and rash have a common underlying cause or are due to different etiologies or pathogenic processes is not known. Upon the appearance of rash or of other possibly allergic phenomena for which an alternative etiology cannot be identified, Prozac should be discontinued.

Precautions:—*General*—The following events occurred in controlled clinical trials. See Tables 1 and 2 also.

- *Anxiety and Insomnia.*
- *Altered Appetite and Weight*—Significant weight loss may be an undesirable result of treatment. Weight change should be monitored during treatment of bulimia.
- *Activation of Mania/Hypomania*—In all US Prozac clinical trials, reported by 0.7% of 10,782 patients.
- *Seizures*—Introduce Prozac with care in patients with a history of seizures. In all US Prozac clinical trials, 0.2% of 10,782 patients reported convulsions.
- *Suicide*—Close supervision of high-risk patients should accompany initial drug therapy.
- *Long Elimination Half-Lives of Fluoxetine and Its Metabolites*—Because of the long elimination half-lives of the parent drug (1 to 3 days after acute administration and 4 to 6 days after chronic administration) and its major active metabolite (4 to 16 days after acute and chronic administration), changes in dose will not be fully reflected in plasma for several weeks, affecting both strategies for titration to final dose and withdrawal from treatment.
- *Use in Patients With Concomitant Illness*—Caution is advisable in patients with diseases or conditions that could affect metabolism or hemodynamic responses.
- *Interference With Cognitive and Motor Performance*—Patients should be cautioned about operating hazardous machinery, including automobiles, until they are reasonably certain that the drug does not affect them adversely.
- *Information for Patients*—Physicians should advise their patients to notify them if they:

– are taking or plan to take any prescription or over-the-counter drugs or alcohol
– become pregnant or intend to become pregnant during therapy
– are breast feeding an infant
– develop a rash or hives

- *Drug Interactions*

– Drugs Metabolized by P450IID6—Therapy with medications that are predominantly metabolized by the P450IID6 system, especially those that have a relatively narrow therapeutic index (eg, flecainide, vinblastine, and tricyclic antidepressants) should be initiated at the low end of the dosage range if a patient is receiving fluoxetine concurrently or has taken it in the previous 5 weeks. Alternately, the addition of fluoxetine to the treatment regimen of a patient already receiving a drug metabolized by P450IID6 may require a decreased dose of the original medication.

– Drugs Metabolized by Cytochrome P450IIIA4—Data indicate that fluoxetine's extent of inhibition of cytochrome P450IIIA4 activity is not likely to be of clinical significance.

– CNS Active Drugs—Caution is advised. Consideration should be given to using lower initial doses of the concomitantly administered drugs, using conservative titration schedules, and monitoring of clinical status.

Anticonvulsants—Patients on stable doses of phenytoin and carbamazepine have developed elevated plasma anticonvulsant concentrations and clinical anticonvulsant toxicity.

Antipsychotics—Some clinical data suggest a possible pharmacodynamic and/or pharmacokinetic interaction between SSRIs and antipsychotics.

Benzodiazepines—The half-life of concurrently administered diazepam may be prolonged in some patients. Coadministration of alprazolam and fluoxetine has resulted in increased alprazolam plasma concentrations and in further psychomotor performance decrement due to increased alprazolam levels.

Lithium—There have been reports of both increased and decreased lithium levels and lithium toxicity.

Tryptophan—Five patients receiving tryptophan experienced adverse reactions, including agitation, restlessness, and gastrointestinal distress.

Monoamine Oxidase Inhibitors—See Contraindications.

Other Antidepressants—Previously stable plasma levels of imipramine and desipramine have increased greater than 2- to 10-fold when concomitantly administered with fluoxetine.

– Drugs Tightly Bound to Plasma Proteins—A shift in plasma concentrations or displacement of fluoxetine may result in adverse effects.

– Warfarin—Reports of altered anti-coagulant effects, including increased bleeding. Careful coagulation monitoring is recommended when fluoxetine is initiated or stopped.

– Electroconvulsive Therapy—Rare reports of prolonged seizures in patients on fluoxetine receiving ECT.

- *Carcinogenesis, Mutagenesis, Impairment of Fertility*—There is no evidence of carcinogenicity, mutagenicity, or impairment of fertility with Prozac.
- *Pregnancy—Pregnancy Category C*—In embryo-fetal development studies in rats and rabbits, there was no evidence of teratogenicity at doses of up to 1.5 and 3.6 times, respectively, the MRHD (maximum recommended human dose) of 80 mg on a mg/m² basis throughout organogenesis. In the surviving offspring of rats treated at 1.5 times the MRHD, there was no evidence of developmental neurotoxicity. However, in rat reproduction studies, an increase in stillborn pups, a decrease in pup weight, and an increase in pup deaths during the first 7 days postpartum occurred following maternal exposure to 1.5 or 0.9 times the MRHD on a mg/m² basis during gestation or gestation and lactation, respectively. Prozac should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.
- *Labor and Delivery*—The effect of Prozac is unknown. Prozac should be used only if the potential benefit justifies the potential risk to the fetus.
- *Nursing Mothers*—Prozac is excreted in human milk. Nursing while on Prozac is not recommended.
- *Pediatric Use*—Safety and effectiveness in pediatric patients have not been established.
- *Usage in the Elderly*—Evaluation of patients over age 60 who received Prozac, 20 mg, daily revealed no unusual pattern of adverse events relative to the clinical experience in younger patients. However, these data are insufficient to rule out possible age-related differences during chronic use, particularly in elderly patients with concomitant systemic illnesses or those receiving concomitant drugs.
- *Hyponatremia*—Hyponatremia (some cases with serum Na lower than 110 mmol/L) has been reported which appeared to be reversible on drug discontinuation. Some cases were possibly due to SIADH, and the majority have been in older patients and those taking diuretics or who were otherwise volume depleted.
- *Platelet Function*—Rare reports of altered platelet function and/or abnormal results from laboratory studies in patients taking fluoxetine. While there have been reports of abnormal bleeding in several patients taking fluoxetine, it is unclear whether fluoxetine had a causative role.

Adverse Reactions: It is important to emphasize that events reported during therapy were not necessarily caused by it.

Incidence in US Placebo-Controlled Clinical Trials (excluding data from extensions of trials)—Table 1 enumerates pooled data on treatment-emergent adverse events that occurred in 2% or more patients treated with Prozac and with incidence greater than placebo in the treatment of depression, OCD, or bulimia. See full prescribing information for table of treatment-emergent adverse events for each indication.

Table 1.

TREATMENT-EMERGENT ADVERSE EVENTS:
INCIDENCE IN US DEPRESSION, OCD, AND BULIMIA
PLACEBO-CONTROLLED CLINICAL TRIALS

	Percentage of Patients Reporting Event	
	Depression, OCD, and bulimia combined	
Body System/ Adverse Event*	Prozac (N=2444)	Placebo (N=1331)
Body as a Whole		
Headache	21	20
Asthenia	12	6
Flu Syndrome	5	4
Fever	2	1
Cardiovascular System		
Vasodilatation	3	1
Palpitation	2	1
Digestive System		
Nausea	23	10
Diarrhea	12	8
Anorexia	11	3
Dry mouth	10	7
Dyspepsia	8	5
Flatulence	3	2
Vomiting	3	2
Metabolic and Nutritional disorders		
Weight loss	2	1
Nervous System		
Insomnia	20	11
Anxiety	13	8
Nervousness	13	9
Somnolence	13	6
Dizziness	10	7
Tremor	10	3
Libido decreased	4	—
Respiratory System		
Pharyngitis	5	4
Yawn	3	—
Skin and Appendages		
Sweating	8	3
Rash	4	3
Pruritus	3	2
Special Senses		
Abnormal vision	3	1

*Included are events reported by at least 2% of patients taking Prozac, except the following events, which had an incidence on placebo ≥ Prozac (depression, OCD, and bulimia combined): abdominal pain, abnormal dreams, accidental injury, back pain, chest pain, constipation, cough increased, depression (includes suicidal thoughts), dysmenorrhea, gastrointestinal disorder, infection, myalgia, pain, paresthesia, rhinitis, sinusitis, thinking abnormal.
—Incidence less than 1%.



Associated With Discontinuation in US Placebo-Controlled Clinical Trials (excluding data from extensions of trials)—Table 2 lists the adverse events associated with discontinuation of Prozac treatment (incidence at least twice that for placebo and at least 1% for Prozac in clinical trials) in depression, OCD, and bulimia.

Other Events Observed In All US Clinical Trials—Frequent adverse events are defined as those occurring on 1 or more occasions in at least 1/100 patients; infrequent adverse events are those occurring in 1/100 to 1/1,000 patients; rare events are those occurring in less than 1/1,000 patients.

Table 2.

MOST COMMON ADVERSE EVENTS ASSOCIATED WITH DISCONTINUATION IN US DEPRESSION, OCD, AND BULIMIA PLACEBO-CONTROLLED CLINICAL TRIALS

Depression, OCD, and bulimia combined	Depression	OCD	Bulimia
—	—	Anxiety (2%)	—
Insomnia (1%)	Insomnia (1%)	—	Insomnia (2
—	Nausea (1%)	—	—
Nervousness (1%)	Nervousness (1%)	—	—
—	—	Rash (3%)	—

Body as a Whole—*Frequent:* chills; *Infrequent:* chills and fever, face edema, intentional overdose, malaise, pelvic pain, suicide attempt; *Rare:* abdominal syndrome acute, hypothermia, intentional injury, neuroleptic malignant syndrome, photosensitivity reaction

Cardiovascular System—*Frequent:* hemorrhage, hypertension; *Infrequent:* angina pectoris, arrhythmia, congestive heart failure, hypotension, migraine, myocardial infarct, postural hypotension, syncope, tachycardia, vascular headache; *Rare:* atrial fibrillation, bradycardia, cerebral embolism, cerebral ischemia, cerebrovascular accident, extrasystoles, heart arrest, heart block, pallor, peripheral vascular disorder, phlebitis, shock, thrombophlebitis, thrombosis, vasospasm, ventricular arrhythmia, ventricular extrasystoles, ventricular fibrillation.

Digestive System—*Frequent:* increased appetite, nausea and vomiting; *Infrequent:* aphthous stomatitis, cholelithiasis, colitis, dysphagia, eructation, esophagitis, gastritis, gastroenteritis, glossitis, gum hemorrhage, hyperchlorhydria, increased salivation, liver function tests abnormal, melena, mouth ulceration, nausea/vomiting/diarrhea, stomach ulcer, stomatitis, thirst; *Rare:* biliary pain, bloody diarrhea, cholecystitis, duodenal ulcer, enteritis, esophageal ulcer, fecal incontinence, gastrointestinal hemorrhage, hematemesis, hemorrhage of colon, hepatitis, intestinal obstruction, liver fatty deposit, pancreatitis, peptic ulcer, rectal hemorrhage, salivary gland enlargement, stomach ulcer hemorrhage, tongue edema.

Endocrine System—*Infrequent:* hypothyroidism; *Rare:* diabetic acidosis, diabetes mellitus.

Hemic and Lymphatic System—*Infrequent:* anemia and ecchymosis; *Rare:* blood dyscrasia, hypochromic anemia, leukopenia, lymphedema, lymphocytosis, petechia, purpura, thrombocythemia, thrombocytopenia.

Metabolic and Nutritional—*Frequent:* weight gain; *Infrequent:* dyhydration, generalized edema, gout, hypercholesteremia, hyperlipemia, hypokalemia, peripheral edema; *Rare:* alcohol intolerance, alkaline phosphatase increased, bilirubin increased, creatine phosphokinase increased, hyperkalemia, hyperuricemia, hypocalcemia, iron deficiency anemia, SGPT increased.

Musculoskeletal System—*Infrequent:* arthritis, bone pain, bursitis, leg cramps, tenosynovitis; *Rare:* arthrosis, chondrodystrophy, myasthenia, myopathy, myositis, osteomyelitis, osteoporosis, rheumatoid arthritis.

Nervous System—*Frequent:* agitation, amnesia, confusion, emotional lability, sleep disorder; *Infrequent:* abnormal gait, acute brain syndrome, akathisia, apathy, ataxia, buccoglossal syndrome, CNS depression, CNS stimulation, depersonalization, euphoria, hallucinations, hostility, hyperkinesia, hypertonia, hypesthesia, incoordination, libido increased, myoclonus, neuralgia, neuropathy, neurosis, paranoid reaction, personality disorder,* psychosis, vertigo; *Rare:* abnormal electroencephalogram, antisocial reaction, circumoral paresthesia, coma, delusions, dysarthria, dystonia, extrapyramidal syndrome, foot drop, hyperesthesia, neuritis, paralysis, reflexes decreased, reflexes increased, stupor.

Respiratory System—*Infrequent:* asthma, epistaxis, hiccup, hyperventilation; *Rare:* apnea, atelectasis, cough decreased, emphysema, hemoptysis, hypoventilation, hypoxia, larynx edema, lung edema, pneumothorax, stridor.

Skin and Appendages—*Infrequent:* acne, alopecia, contact dermatitis, eczema, maculopapular rash, skin discoloration, skin ulcer, vesiculobullous rash; *Rare:* furunculosis, herpes zoster, hirsutism, petechial rash, psoriasis, purpuric or pustular rash, seborrhea.

Special Senses—*Frequent:* ear pain, taste perversion, tinnitus; *Infrequent:* conjunctivitis, dry eyes, mydriasis, photophobia; *Rare:* blepharitis, deafness, diplopia, exophthalmos, eye hemorrhage, glaucoma, hyperacusis, iritis, parosmia, scleritis, strabismus, taste loss, visual field defect.

Urogenital System—*Frequency:* urinary frequency; *Infrequent:* abortion, albuminuria, amenorrhea,† anorgasmia, breast enlargement, breast pain, cystitis, dysuria, female lactation,† fibrocystic breast,† hematuria, leukorrhea, menorrhagia,† metrorrhagia,† nocturia, polyuria, urinary incontinence, urinary retention, urinary urgency, vaginal hemorrhage†; *Rare:* breast engorgement, glycosuria, hypomenorrhea,† kidney pain, oliguria, priapism,† uterine hemorrhage,† uterine fibroids enlarged.†

*Personality disorder is the COSTART term for designating nonaggressive objectionable behavior.

†Adjusted for gender.

Postintroduction Reports—Voluntary reports of adverse events temporally associated with Prozac that have been received since market introduction and which may have no causal relationship with the drug include the following: aplastic anemia, atrial fibrillation, cerebral vascular accident, cholestatic jaundice, confusion, dyskinesia (including, for example, a case of buccal-lingual-masticatory syndrome with involuntary tongue protrusion reported to develop in a 77-year-old female after 5 weeks of fluoxetine therapy and which completely resolved over the next few months following drug discontinuation), eosinophilic pneumonia, epidermal necrolysis, erythema nodosum, exfoliative dermatitis, gynecomastia, heart arrest, hepatic failure/necrosis, hyperprolactinemia, immune-related hemolytic anemia, kidney failure, misuse/abuse, movement disorders developing in patients with risk factors including drugs associated with such events, worsening of preexisting movement disorders, neuroleptic malignant syndrome-like events, pancreatitis, pancytopenia, priapism, pulmonary embolism, prolongation, Stevens-Johnson syndrome, sudden unexpected death, suicidal ideation, thrombocytopenia, thrombocytopenic purpura, vaginal bleeding after withdrawal, and violent behaviors.

Overdosage: Prominent symptoms of overdose included nausea and vomiting as well as agitation, restlessness, hypomania, and other signs of CNS excitation.

In managing overdosage, consider the possibility of multiple drug involvement. A specific caution involves patients taking or recently having taken fluoxetine who might have ingested excessive quantities of a TCA. Accumulation of the parent tricyclic and an active metabolite may increase the possibility of clinically significant sequelae and extend the time needed for close medical observation (*see* Antidepressants *under* Precautions).

Reports of death attributed to overdosage of fluoxetine alone have been extremely rare.

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Additional information available to the profession on request.

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can (13-3/4 ounces) vegetable broth
cup packaged couscous
can (10 ounces) chickpeas (garbanzo beans), drained
cup sliced green onions, including tops
cup (4 ounces) crumbled feta cheese
can (2-1/4 ounces) sliced ripe olives, drained
/3 cup prepared Italian vinaigrette dressing
ettuce

In a medium saucepan, bring *vegetable broth* to a boil. Stir in *couscous.* Remove pan from heat, cover and let stand 5 minutes. Transfer *couscous* to large bowl and fluff with fork. Let stand 5 minutes, then fluff again. Mix in *chickpeas, onions, cheese* and *olives.* Pour *dressing* over mixture and toss lightly with a fork. Serve on a bed of *lettuce.* Serves *6.*

Nutrition Information Per Serving :
402 calories; *26 g* fat; *34 mg* cholesterol; *1172 mg* sodium; *36 g* carbohydrate; *8 g* fiber; *10 g* protein

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Stepping Through the Holidays

With divorce affecting a majority of families today, Christmas isn't always a happy time. What's the best gift parents give? Love, hope, and peace, of course.

by Jane Schorer Meisner

Christmas, 1992. Red lettering below an ornamental Mr. and Mrs. Claus announced that this was "Our First Christmas Together." As though we could ever forget it. On December 24, my husband, Joe, and his ex-wife finally reached an agreement regarding our holiday visitation with their daughter, Merriah. Joe would meet them at 4 p.m. Christmas Day at a restaurant 45 miles away—the halfway point between our home and the location of his ex's family gathering—to pick up then eight-year-old Merriah. Delighted, we hastily notified our relatives that dinnertime was changed to late afternoon. Our excitement was premature. By the time Joe realized his ex was not going to show up ("The 25th? I thought you said the 26th...") and drove the entire 180-mile round-trip to fetch Merriah from her other family's celebration, our turkey dinner had been reduced to leftovers, the gift-opening was nearly completed, and our first Christmas together had been spent mostly apart.

Even in a Norman Rockwell family, Christmas can be a very tense time of year. "But if there's been a divorce, things just are not going to be the way they were," says Margorie Engel, a Boston-based author and consultant on families complicated by divorce and remarriage.

Stepfamilies are the way of life for more than 80 million people in the United States. Suddenly extended families expand to the point where many youngsters spend their holidays being shuttled from one feast to another, often collecting piles of food and gifts at each stop.

"The kids are uptight, because they're not sure where their base of security is," says Donald A. Gordon of the Center for Divorce Education in Athens, Ohio, and psychology professor at Ohio University. "It's actually in neither place, unfortunately. If both parents have remarried, they don't have a place where they really feel at home."

At the same time, both parents may be subconsciously competing to provide the "best" holiday for their child, which may cause a child to feel pressured into favoring

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Stepping through the holidays

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one parent over the other.

"Being involved in loyalty conflicts is the most dangerous aspect of divorce," Gordon says. "The children can't win. They feel that they have to hide their love for one parent from the other."

Experts agree that minimizing holiday stress is one of the greatest gifts parents can give their kids. To accomplish that, adults may have to change their attitudes.



"The positive thing about the holidays is that they are a time when a family can begin to build new history."

Many divorced parents agree to alternate visitation: Johnny spends Christmas this year with Mom, and next year with Dad. The agreement is spelled out, and there is no reason for Johnny to feel guilty.

If parents decide to alternate—or even if they don't—Engel suggests that they do whatever is necessary to avoid putting a child in the position of being torn between families.

"Give yourself permission to color outside the lines," she says. "Don't be locked into only Christmas Eve or Christmas Day. You don't have to throw the whole thing out. Just brainstorm a little."

Create a new holiday ritual for your child, she suggests. Perhaps every year your celebration will be a December party you host for her friends. Maybe an annual outing to see *The Nutcracker* can be your special time together. Or maybe from this year on, your big family gathering will be on July 4.

Whatever the situation, The Stepfamily Association of America urges parents to plan. Communicate with former spouses and other relatives, asking for written confirmation on travel plans. Make itineraries for the kids so they will know what to expect.

Christmas, 1993. The honeymoon was over; it was time to come to terms with two sets of decorations. My collection was traditional red and green. Joe's was elegant burgundy and gold.

"It doesn't matter to me which decorations we use," conceded Joe. "Except we have to have the bubble lights." And, he insisted, we all had to wear fuzzy red-and-white Santa Claus hats while opening gifts, because that's the way his family had always done it.

"The positive thing about the holidays is that they are a time when a family can begin to build new history," says Judith L. Bauersfeld of Phoenix, Arizona, president of The Stepfamily Association of America. "But for children, there is often a profound sense of loss and sadness in knowing they cannot return to what was before."

It is important for parents and stepparents to acknowledge that loss and allow kids to mourn good times that are gone. They also need to know these feelings are normal.

One of the best moves parents and stepparents can make is to openly communicate with each other about holiday plans and gift buying.

"That would make the children very happy, to see Mom and Dad consulting positively with each other about them," Gordon says. "Do it so the kids will know you are conferring over something pleasant regarding them—not something about a problem. Holidays and birthdays are probably the only two opportunities during the year to do that. Don't let that opportunity pass."

Parents and stepparents should also communicate about proposed holiday menus and dinnertimes if kids will be eating more than one meal during the day.

Christmas, 1994. Merriah didn't like me. She'd told me quite plainly and quite frequently. So I was puzzled when I opened my gift from her. It was clearly more than she could afford. It was even more expensive than the gift she gave her own father. Suddenly, I understood. Merriah had brought gifts for her dad, her stepsister, and her stepbrother. But she had brought nothing for me. In a last-minute emergency effort to spare my feelings, Joe had substituted her name on the tag of one of the gifts he'd gotten for me.

"Family standards of gift-giving present a nightmare in stepfamilies," says Bauersfeld. Consider the possibilities: assorted levels of income among Mom's household, Dad's household, extended families, and extended stepfamilies; grandparents who have not yet accepted stepchildren; unfamiliar traditions among new in-laws; and gift overload from multiple celebrations. An almost certain result is that somewhere along the line, someone's feelings will be hurt.

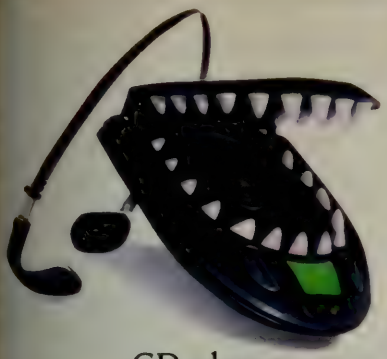
Ideally, parents should ask children to write a wish list, Engel says. Then the two parents should work together to determine what wants and needs (including winter coats and boots) will be provided by each of them.

Tell relatives how you would prefer gift-giving to be handled for stepchildren. Provide sizes, color preferences, and other information about the new family member—or suggest that money can be a diplomatic gift.

"Be sure to thank the relatives who are cooperating," urges Engel. After all, being an extended steprelative also takes some getting used to.

Parents—especially noncustodial parents—might want to make a tradition of taking a special day with children to supervise holiday shopping. Teach them to choose

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Stepping through

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appropriate gifts for family members, including their other parent and stepparents.

Remind kids who receive gifts from many sources that it's unkind to gloat in front of stepsiblings who do not receive such bounties.

"Instruct them not to rub it in," Engel says.

Even so, feelings may get hurt, and parents should gently point out that fact to gift givers who haven't considered the impact of their actions. Empty-handed children need consolation, too, as they learn that life is not fair.

Engel says issues like these must be confronted. "Parents need to be able to say, 'You must feel really sad about this.' "

Sometimes a parent or grandparent will go to the other extreme, trying to compensate for the pain of a broken home by showering a child with presents. Don't worry that those gift givers will outdo you, but concentrate on giving your children love and attention. A strong sense of family values will last longer than material gifts.

If all else fails, try to accept the situation, Engel tells parents. "All you really have control of is what's in your household," she says.



A strong sense of family values will last longer than material gifts.

Christmas, 1995. After our divorce, my former husband dropped entirely out of our existence for five years, then reappeared sporadically. Now he and his new wife stopped by with gifts for his and my children, Megan, 15, and Tom, 12. We sat awkwardly around the tree while the kids opened their gifts: Tom received a toy that was designed for children far younger than him, while Megan opened items that were for adult women. Joe offered soft drinks, but they declined. After a while they left. We have not seen them since.

Sometimes a noncustodial parent shows no interest in the children and may even disappear, acknowledges Gordon. This situation becomes even more painful if a stepsibling receives generous attention from both parents.

In such cases, Gordon recommends establishing a "parent-surrogate," or substitute for the children.

"If they're not getting contact with their father, I would try to find a male substitute contact for them," Gordon says. "Maybe an uncle, grandfather, or stepfather. Encourage him to do something special for them. It's a way of saying, 'There's a male out there who cares about you and wants to spend time with you.' That's a much better way of making it up than trying to buy more gifts."

Christmas, 1996. When Joe's mother called to discuss pies for Christmas Eve dinner, I had to break the news gently. Megan, Tom, and I would not be coming. I was worn out. The past four Christmases had left me frazzled and disillusioned. I was tired of the logistical battles with Joe's ex. I was tired of thinking up terrific gift ideas for my stepdaughter, Merriah, only to hear her say, "Thanks, Dad."

Of course Joe wanted to spend Christmas with his daughter. I would never deny him that. But I desperately wanted a peaceful Christmas this year. So I suggested that Joe and Merriah spend Christmas with his parents, while Megan, Tom, and I would go to my family's gathering.

The spat that followed was a far cry from Peace on Earth.

"I think women often try to keep everybody happy," Engel says. "We know it's not healthy, but in our hearts, that's what we try to do."

Many times, fathers need to be encouraged to assume more parental responsibility, she adds.

Stepmothers can provide age-appropriate information or other gift-giving suggestions, then let Dad take it from there.

But the real solution for happy holidays ultimately lies in each person's attitude, Engel says. "To some extent, we do control whether it's a good holiday."

My father advised me to be more charitable. My sister wanted us all to come for dinner. Joe's parents and his sisters told him to shape up and get this straightened out. I was probably the one more open to communication. But it was Joe who spoke volumes.

"Yes, I want to spend Christmas with my daughter," Joe explained. "But I don't want to spend it only with my daughter. I want to be with you and Megan and Tom too—our family."

Our family? Our family strings his bubble lights across the front of my carefully decorated tree and wears silly red hats while opening gifts. But while our family members don't always agree—or even like each other—we have learned to respect others' feelings, including in Christmas giving.

Again last year, our family didn't know until December 24 when we would see Merriah for Christmas. But she was there when we all met at Joe's parents' home on Christmas Eve, when his mother found a moment in the hubbub to put her arm around me and whisper, "Hang in there."

Merriah was also at my sister's house at the end of Christmas Day, too, when it struck me how obvious it was that the conglomeration of stepsiblings and stepcousins sledding down a moonlit slope knew no family boundaries.

Maybe our family is called a stepfamily because it has been built heartache by heartache, mistake by mistake, step by step. And just maybe the best gift we received last Christmas wasn't the unexpected peace we enjoyed, but rather the feeling of hope we discovered. ⌂



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Ho, Ho, Ho... Help!

How to avoid holiday headaches

by Michele Meyer

You know it's beginning to look a lot like Christmas when your forehead feels tighter than your belt.

Far too many of us can count on headaches during the holidays as surely as eating too much and not having enough batteries. Stores a-glitter, children a-twitter, and parties a-plenty bring lots of joy—and pain.

An estimated 40 million people are known to get headaches, but that's really just a good guess, says Dr. Morris Levin, a neurologist and director of the Lahey Hitchcock Clinic Headache Center in Nashua, New Hampshire. "The vast bulk of the headache problem is hidden. You don't get much credit for complaining about a headache, so people take an aspirin and tough it out."

But you don't have to tough it out. There are solutions if you know what kind you've got. Just as there's no one source for headaches, there's no one type. Most common are tension, migraine, and cluster—each with its own symptoms, preventive measures, and treatments.

Tension headaches. The stress of extra time commitments and visiting family can often trigger tension headaches, caused by tightening of the muscles of the neck and scalp.

To avoid them, pare down your entertaining and decorating dreams and try not to overindulge in rich foods or alcohol, says Pamela Walker, a clinical psychologist at the Cooper Aerobics Center in Dallas. Reduce your after-hours workload by asking your spouse or kids to help wrap gifts, write cards, and cook.

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GONNA
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isn't Scope
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Holiday Headaches

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Walker has found that Christmas shopping alone—in one day, early in the season—can reduce tension headaches for many of her clients.

So does daily exercise. "Exercise is the equivalent of letting your body do what stress prepares it to do, which is to move," she says. Exercise releases endorphins, the body's natural painkillers, while stretching loosens the muscles creating that vise around your forehead. A quick walk around the block for a breath of fresh air can help.

Relaxation techniques may also do the trick. Take a warm bath or simply stop what you're doing as soon as you feel a headache coming on, says Jim Spira, director of the Institute for Health Psychology in San Diego.

"Sit in a quiet place, close your eyes, and focus on the moment. That way, you can calm your mind, reduce physiological stress, and increase the blood flow to the brain. This allows the headache to diminish."

A deep-tissue massage helped Ruth Quillian, whose holidays used to lead to one long headache. A few years ago her husband sent her to a professional massage therapist.

"The massage took care of the pain," says Ruth, a clinical health psychologist at the Duke University Center for Living. Now she schedules at least one massage during the holidays. "It makes a difference in my headaches for six weeks."

Once a tension headache has begun, take a nonsteroidal anti-inflammatory, such as ibuprofen, acetaminophen, or naproxen. For added help, swallow it with a cup or two of coffee. Researchers at the Diamond Headache Clinic in Chicago found that the combination of 400 milligrams of ibuprofen and 200 milligrams of caffeine (about 2 cups of coffee) led to longer relief of tension headaches—four times as long as taking ibuprofen alone. Caffeine works with most analgesics to make them more powerful, says Dr. Seymour Diamond.

Migraines. These headaches arise from the swelling of blood vessels and tend to involve intense, throbbing pain on one side of the head. Migraines can last several hours to several days, and are often accompanied by vomiting and sensitivity to light and noise.

"Typically, patients have to go to bed in a quiet, dark room for a day or two," says Dr. Robert Kunkel, of The Cleveland Clinic.

At least one in five Americans—of which two-thirds are women—suffer migraines. They often strike at the onset of a menstrual period, due to dropping estrogen levels.

They're also common during holidays. "They used to be called 'vacation' headaches because people would sleep late on weekends and get a migraine," says Jack Sandweiss, a research associate at the California Medical Clinic for Headaches in Encino. "They also strike after a stressful event when people relax."

Judy Madura's post-holiday migraines were as certain as credit card bills in January. But Judy, of Grayslake, Illinois, had her first pain-free Christmas last year after a strategic plan that included daily walks, shopping early, and getting help with holiday preparations.

She also learned to avoid foods high in nitrites, such as bacon, and tyramine in red wine, sharp cheese, and chocolate. Both substances can trigger a headache. Judy kept a diary to learn what affected her.

A new study by Loma Linda University shows that the fattiness of holiday meals may worsen migraines. Patients who ate a 10 percent fat diet (20 or fewer fat grams a day) for 12 weeks saw the length, frequency, and intensity of their migraines drop by about 70 percent. "Fat in the

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Advertisement

HEALTH

How to help antibiotics help you.

Have you ever asked your doctor for antibiotics to treat a cold or the flu? Do you sometimes stop taking your antibiotic prescription once you start to feel better? Or have you ever saved "leftovers" for next time? If so, read on.

Since their discovery more than 50 years ago, antibiotics have been a key factor in fighting bacterial infections and keeping us healthy. If you've ever been diagnosed with such common conditions as pharyngitis, chronic bronchitis, or a middle ear infection, chances are you've taken them. Yet antibiotics remain one of the most misunderstood and misused medications.

The truth is, antibiotics should be taken only when necessary and are effective only when used properly. While only your doctor can determine when you need them, there is much you can do to help. Start by reading these facts, and tips on proper usage.

What is an antibiotic?

Antibiotics are medications that either kill bacteria or stop them from growing. They are most commonly prescribed for bacterial infections, often involving the lungs, throat, or middle ear. Different antibiotics may be used for different types of infections. Only your doctor can determine what infection you have and which antibiotic is appropriate to treat it.

When is it appropriate to take an antibiotic?

Antibiotics only work against bacterial infections. So if you have a viral infection, such as the common cold or flu, do not expect or insist that your doctor prescribe you an antibiotic. Only your doctor can determine the type of infection you have and whether an antibiotic is necessary.

Why are some antibiotics prescribed differently than others?

Each antibiotic has a different chemical structure and this affects the way it works in the body. The specific antibiotic and the type of infection it's being used to treat, determine the number of days and the number of doses per day the antibiotic needs to be taken. Some antibiotics can be taken for 5 days while others are taken for 10 to 14 days. It is important to take the specified number of doses each day for the number of days prescribed by your doctor. Let your doctor know if you're taking other medications, which could interfere with how your antibiotic works.

Why do I have to keep taking antibiotics after I start to feel better?

It's natural to begin feeling better when you first start your prescription, because the antibiotics have begun their job of knocking out harmful bacteria. But just because your symptoms are gone does not mean that your antibiotics have finished their work. If you stop antibiotics before the full course is finished, the infection may not be completely treated. Be sure to take the recommended amount of medication and follow your doctor's instructions carefully.

Remember these tips.

- It's up to your doctor to decide whether you need an antibiotic, and if so, which one.
- Don't insist on a prescription for an antibiotic if you have a viral infection, such as a cold or the flu.
- Don't stop taking antibiotics before you complete your prescription, even if your symptoms are gone.
- Follow your doctor's instructions carefully. Take doses on schedule for the number of days indicated.
- Let your doctor know if you're taking other medications.
- Never share your medication with anyone. If you have any left over, throw it away.
- As with all medications, keep your antibiotics out of children's reach.

Pfizer



Or ask your doctor about Zithromax.® Five days and you're done.



If your doctor is prescribing an antibiotic for a bacterial respiratory tract infection such as chronic bronchitis, ask if Zithromax® is right for you.

THE ONLY ONCE-A-DAY FOR FIVE DAYS ANTIBIOTIC.

Unlike other antibiotics, you take Zithromax just once a day for five days. And five days are as effective as ten days of conventional therapy, because Zithromax continues to work for several days after your last dose.

Zithromax is well tolerated. The most common side effects are diarrhea (5%), nausea (3%), and abdominal pain (3%). Although allergic reactions are rare, should one occur, discontinue this medication and contact your healthcare professional. See the brief summary on the next page for complete details.

ASK YOUR DOCTOR IF ZITHROMAX IS RIGHT FOR YOU.

For more information and a free booklet, *Is it time to call the doctor?*, call 1-800-579-DAYS.

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Zithromax (AZITHROMYCIN)

ZITHROMAX®
(azithromycin tablets)
BRIEF SUMMARY

CONTRAINDICATIONS ZITHROMAX® is contraindicated in patients with known hypersensitivity to azithromycin, erythromycin, or any macrolide antibiotic.
WARNINGS Serious allergic reactions, including angioedema, anaphylaxis, and dermatologic reactions including Stevens Johnson Syndrome and toxic epidermal necrolysis have been reported rarely in patients on azithromycin therapy. Although rare, fatalities have been reported. (See **CONTRAINDICATIONS**.) Despite initially successful symptomatic treatment of the allergic symptoms, when symptomatic therapy was discontinued, the allergic symptoms **recurred soon thereafter in some patients without further azithromycin exposure.** These patients required prolonged periods of observation and symptomatic treatment. The relationship of these episodes to the long tissue half-life of azithromycin and subsequent prolonged exposure to antigen is unknown at present. If an allergic reaction occurs, the drug should be discontinued and appropriate therapy should be instituted. Physicians should be aware that reappearance of the allergic symptoms may occur when symptomatic therapy is discontinued.
In the treatment of pneumonia, azithromycin has only been shown to be safe and effective in the treatment of community-acquired pneumonia due to *Chlamydia pneumoniae, Haemophilus influenzae, Mycoplasma pneumoniae,* or *Streptococcus pneumoniae* in patients appropriate for oral therapy. Azithromycin should not be used in patients with pneumonia who are judged to be inappropriate for oral therapy because of moderate to severe illness or risk factors such as any of the following: patients with cystic fibrosis, patients with nosocomially acquired infections, patients with known or suspected bacteremia, patients requiring hospitalization, elderly or debilitated patients, or patients with significant underlying health problems that may compromise their ability to respond to their illness (including immunodeficiency or functional asplenia). Pseudomembranous colitis has been reported with nearly all antibacterial agents and may range in severity from mild to life-threatening. Therefore, it is important to consider this diagnosis in patients who present with diarrhea subsequent to the administration of antibacterial agents. Treatment with antibacterial agents alters the normal flora of the colon and may permit overgrowth of clostridia. Studies indicate that a toxin produced by *Clostridium difficile* is a primary cause of "antibiotic-associated colitis." After the diagnosis of pseudomembranous colitis has been established, therapeutic measures should be initiated. Mild cases of pseudomembranous colitis usually respond to discontinuation of the drug alone. In moderate to severe cases, consideration should be given to management with fluids and electrolytes, protein supplementation, and treatment with an antibacterial drug clinically effective against *Clostridium difficile* colitis.
PRECAUTIONS General: Because azithromycin is principally eliminated via the liver, caution should be exercised when azithromycin is administered to patients with impaired hepatic function. There are no data regarding azithromycin usage in patients with renal impairment; thus, caution should be exercised when prescribing azithromycin in these patients. The following adverse events have not been reported in clinical trials with azithromycin, an azalide, however, they have been reported with macrolide products: ventricular arrhythmias, including ventricular tachycardia and *torsades de pointes*, in individuals with prolonged QT intervals. There has been a spontaneous report from the post-marketing experience of a patient with previous history of arrhythmias who experienced *torsades de pointes* and subsequent myocardial infarction following a course of azithromycin therapy.
Information for Patients: ZITHROMAX® tablets can be taken with or without food. Patients should also be cautioned not to take aluminum- and magnesium-containing antacids and azithromycin simultaneously. The patient should be directed to discontinue azithromycin immediately and contact a physician if any signs of an allergic reaction occur.
Drug Interactions: Aluminum- and magnesium-containing antacids reduce the peak serum levels (rate) but not the AUC (extent) of azithromycin absorption. Administration of cimetidine (800 mg) two hours prior to azithromycin had no effect on azithromycin absorption. Azithromycin did not affect the plasma levels or pharmacokinetics of theophylline administered as a single intravenous dose. The effect of azithromycin on the plasma levels or pharmacokinetics of theophylline administered in multiple doses resulting in therapeutic steady-state levels of theophylline is not known. However, concurrent use of macrolides and theophylline has been associated with increases in the serum concentrations of theophylline. Therefore, until further data are available, prudent medical practice dictates careful monitoring of plasma theophylline levels in patients receiving azithromycin and theophylline concomitantly. Azithromycin did not affect the prothrombin time response to a single dose of warfarin. However, prudent medical practice dictates careful monitoring of prothrombin time in all patients treated with azithromycin and warfarin concomitantly. Concurrent use of macrolides and warfarin in clinical practice has been associated with increased anticoagulant effects. The following drug interactions have not been reported in clinical trials with azithromycin; however, no specific drug interaction studies have been performed to evaluate potential drug-drug interactions. Nonetheless, they have been observed with macrolide products. Until further data are developed regarding drug interactions when azithromycin and these drugs are used concomitantly, careful monitoring of patients is advised. Digoxin-elevated digoxin levels. Ergotamine or dihydroergotamine-acute ergot toxicity characterized by severe peripheral vasospasm and dysesthesia. Triazolam-decrease the clearance of triazolam and thus may increase the pharmacologic effect of triazolam. Drugs metabolized by the cytochrome P^{450} system-elevations of serum carbamazepine, terfenadine, cyclosporine, hexobarbital, and phenytoin levels.
Laboratory Test Interactions: There are no reported laboratory test interactions.
Carcinogenesis, Mutagenesis, Impairment of Fertility: Long-term studies in animals have not been performed to evaluate carcinogenic potential. Azithromycin has shown no mutagenic potential in standard laboratory tests: mouse lymphoma assay, human lymphocyte clastogenic assay, and mouse bone marrow clastogenic assay. No evidence of impaired fertility due to azithromycin was found.
Pregnancy: Teratogenic Effects. Pregnancy Category B. Reproduction studies have been performed in rats and mice at doses up to moderately maternally toxic dose levels (i.e., 200 mg/kg/day). These doses, based on a mg/m² basis, are estimated to be 4 and 2 times, respectively, the human daily dose of 500 mg. In the animal studies, no evidence of harm to the fetus due to azithromycin was found. There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of human response, azithromycin should be used during pregnancy only if clearly needed.
Nursing Mothers: It is not known whether azithromycin is excreted in human milk. Because many drugs are excreted in human milk, caution should be exercised when azithromycin is administered to a nursing woman.
Pediatric Use: (INDICATIONS AND USAGE) Acute Otitis Media (dosage regimen: 10 mg/kg on Day 1 followed by 5 mg/kg on Days 2-5): Safety and effectiveness in the treatment of children with otitis media under 6 months of age have not been established. Community-Acquired Pneumonia (dosage regimen: 10 mg/kg on Day 1 followed by 5 mg/kg on Days 2-5): Safety and effectiveness in the treatment of children with community-acquired pneumonia under 6 months of age have not been established. Safety and effectiveness for pneumonia due to *Chlamydia pneumoniae* and *Mycoplasma pneumoniae* were documented in pediatric clinical trials. Safety and effectiveness for pneumonia due to *Haemophilus influenzae* and *Streptococcus pneumoniae* were not documented bacteriologically in the pediatric clinical trial due to difficulty in obtaining specimens. Use of azithromycin for these two microorganisms is supported, however, by evidence from adequate and well-controlled studies in adults. Pharyngitis/Tonsillitis (dosage regimen: 12 mg/kg on Days 1-5): Safety and effectiveness in the treatment of children with pharyngitis/tonsillitis under 2 years of age have not been established. **Studies evaluating the use of repeated courses of therapy have not been conducted. Geriatric Use:** Pharmacokinetic parameters in older volunteers (65-85 years old) were similar to those in younger volunteers (18-40 years old) for the 5-day therapeutic regimen. Dosage adjustment does not appear to be necessary for older patients with normal renal and hepatic function receiving treatment with this dosage regimen.
ADVERSE REACTIONS In clinical trials, most of the reported side effects were mild to moderate in severity and were reversible upon discontinuation of the drug. Approximately 0.7% of the patients (adults and children) from the multiple-dose clinical trials discontinued ZITHROMAX® (azithromycin) therapy because of treatment-related side effects. Most of the side effects leading to discontinuation were related to the gastrointestinal tract, e.g., nausea, vomiting, diarrhea, or abdominal pain. Potentially serious side effects of angioedema and cholestatic jaundice were reported rarely. **Clinical: Adults:** *Multiple-dose regimen:* Overall, the most common side effects in adult patients receiving a multiple-dose regimen of ZITHROMAX® were related to the gastrointestinal system with diarrhea/loose stools (5%), nausea (3%), and abdominal pain (3%) being the most frequently reported. No other side effects occurred in patients on the multiple-dose regimen of ZITHROMAX® with a frequency greater than 1%. Side effects that occurred with a frequency of 1% or less included the following: **Cardiovascular:** Palpitations, chest pain. **Gastrointestinal:** Dyspepsia, flatulence, vomiting, melena, and cholestatic jaundice. **Genitourinary:** Monilia, vaginitis, and nephritis. **Nervous System:** Dizziness, headache, vertigo, and somnolence. **General:** Fatigue. **Allergic:** Rash, photosensitivity, and angioedema. *Single 1-gram dose regimen:* Overall, the most common side effects in patients receiving a single-dose regimen of 1 gram of ZITHROMAX® were related to the gastrointestinal system and were more frequently reported than in patients receiving the multiple-dose regimen. Side effects that occurred in patients on the single one-gram dosing regimen of ZITHROMAX® with a frequency of 1% or greater included diarrhea/loose stools (7%), nausea (5%), abdominal pain (5%), vomiting (2%), dyspepsia (1%), and vaginitis (1%). *Single 2-gram dose regimen:* Overall, the most common side effects in patients receiving a single 2-gram dose of ZITHROMAX® were related to the gastrointestinal system. Side effects that occurred in patients in this study with a frequency of 1% or greater included nausea (18%), diarrhea/loose stools (14%), vomiting (7%), abdominal pain (7%), vaginitis (2%), dyspepsia (1%), and dizziness (1%). The majority of these complaints were mild in nature.
Children: *Multiple-dose regimens:* The types of side effects in children were comparable to those seen in adults, with different incidence rates for the two dosage regimens recommended in children. Acute Otitis Media: For the recommended dosage regimen of 10mg/kg on Day 1 followed by 5 mg/kg on Days 2-5, the most frequent side effects attributed to treatment were diarrhea/loose stools (2%), abdominal pain (2%), vomiting (1%), and nausea (1%). Community-Acquired Pneumonia: For the recommended dosage regimen of 10 mg/kg on Day 1 followed by 5 mg/kg on Days 2-5, the most frequent side effects attributed to treatment were diarrhea/loose stools (5.8%), abdominal pain, vomiting, and nausea (1.9% each), and rash (1.6%). Pharyngitis/tonsillitis: For the recommended dosage regimen of 12 mg/kg on Days 1-5, the most frequent side effects attributed to treatment were diarrhea/loose stools (6%), vomiting (5%), abdominal pain (3%), nausea (2%), and headache (1%). With either treatment regimen, no other side effects occurred in children treated with ZITHROMAX® with a frequency of greater than 1%. Side effects that occurred with a frequency of 1% or less included the following.
Cardiovascular: Chest pain. **Gastrointestinal:** Dyspepsia, constipation, anorexia, flatulence, and gastritis. **Nervous System:** Headache (otitis media dosage), hyperkinesia, dizziness, agitation, nervousness, insomnia. **General:** Fever, fatigue, malaise. **Allergic:** Rash. **Skin and Appendages:** Pruritus, urticaria. **Special Senses:** Conjunctivitis.
Post-Marketing Experience: Adverse events reported with azithromycin during the post-marketing period in adult and/or pediatric patients for which a causal relationship may not be established include: **Allergic:** Arthralgia, edema, urticaria. **Cardiovascular:** Arrhythmias including ventricular tachycardia. **Gastrointestinal:** Anorexia, constipation, dyspepsia, flatulence, vomiting/diarrhea rarely resulting in dehydration. **General:** Asthenia, paresthesia. **Genitourinary:** Interstitial nephritis and acute renal failure. **Liver/Biliary:** Abnormal liver function including hepatitis and cholestatic jaundice. **Nervous System:** Convulsions. **Skin/Appendages:** Rarely serious skin reactions including erythema multiforme, Stevens Johnson Syndrome, and toxic epidermal necrolysis. **Special Senses:** Hearing disturbances including hearing loss, deafness, and/or tinnitus, rare reports of taste disturbances.
Laboratory Abnormalities: Adults: Significant abnormalities (irrespective of drug relationship) occurring during the clinical trials were reported as follows: with an incidence of 1-2%, elevated serum creatine phosphokinase, potassium, ALT (SGPT), GGT, and AST (SGOT); with an incidence of less than 1%, leukopenia, neutropenia, decreased platelet count, elevated serum alkaline phosphatase, bilirubin, BUN, creatinine, blood glucose, LDH, and phosphate. When follow-up was provided, changes in laboratory tests appeared to be reversible. In multiple-dose clinical trials involving more than 3000 patients, 3 patients discontinued therapy because of treatment-related liver enzyme abnormalities and 1 because of a renal function abnormality. **Children:** Significant abnormalities (irrespective of drug relationship) occurring during clinical trials were all reported at a frequency of less than 1%, but were similar in type to the adult pattern.
DOSAGE AND ADMINISTRATION: Adults: The recommended dose of ZITHROMAX® for the treatment of mild to moderate acute bacterial exacerbations of chronic obstructive pulmonary disease, community-acquired pneumonia of mild severity, pharyngitis/tonsillitis (as second-line therapy), and uncomplicated skin and skin structure infections due to the indicated organisms is: 500 mg as a single dose on the first day followed by 250 mg once daily on days 2 through 5. **ZITHROMAX® tablets can be taken with or without food.** The recommended dose of ZITHROMAX® for the treatment of genital ulcer disease due to *Haemophilus ducreyi* (chancroid), non-gonococcal urethritis and cervicitis due to *C. trachomatis* is a single 1 gram (1000 mg) dose of ZITHROMAX®. The recommended dose of ZITHROMAX® for the treatment of urethritis and cervicitis due to *Neisseria gonorrhoeae* is a single 2 gram (2000 mg) dose of ZITHROMAX®.
More detailed professional information available on request. Revised January 1997

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Holiday Headaches

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bloodstream damages platelets, which can lead to the serotonin loss in the brain that precipitates migraines," says lead researcher Dr. Zuzana Bic.

If you experience three or four migraines a month, Dr. Kunkel recommends asking your doctor about preventive medicines, including the epilepsy drug Depakote or blood-vessel-stabilizing beta-blockers and calcium channel blockers.

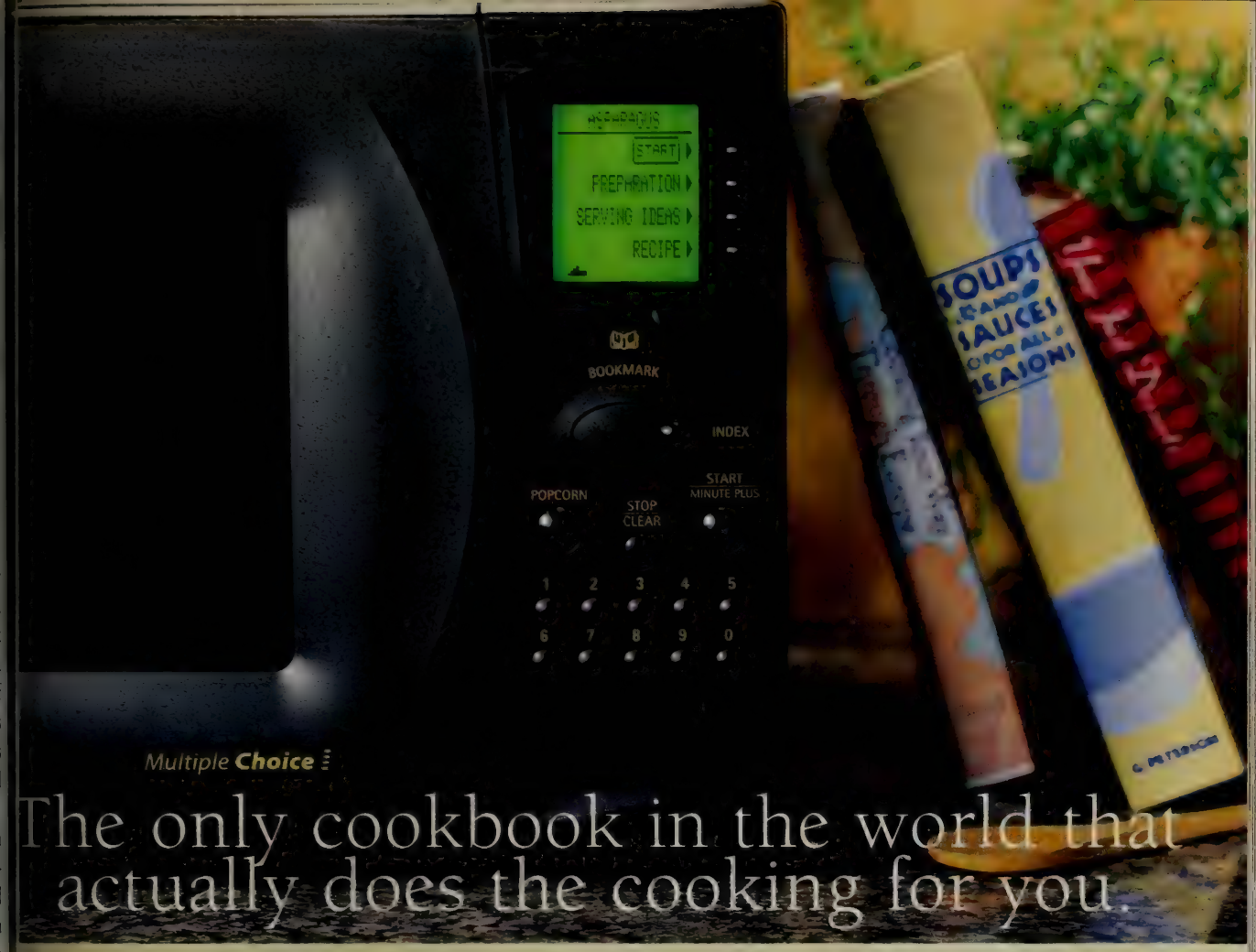
Women who get migraines around the time of their periods can temper the pain by taking ibuprofen, naproxen, or aspirin daily the week before menstruation. These pain relievers thwart the release of prostaglandins, which a woman's body produces before her period as the uterine lining sheds and blood vessels dilate.

You may shut a migraine down quickly just as it hits by getting arteries to contract with ice packs, cold baths, or caffeine, says Spira. Even taking four or five deep, slow breaths can make a difference, calming your heart and head. As you breathe in, let your stomach expand. Hold it for a second or two, then exhale slowly, focusing on relaxing your face, shoulders, and arms.

If these techniques don't lessen the pain, ask your doctor about Imitrex, a prescription drug that constricts blood vessels in your head. Imitrex is available in tablet, nasal spray, and injection form. For the few migraines that don't respond to Imitrex, other useful drugs include Midrin and lidocaine nose drops, a speedy anesthetic.

The future holds promise for faster and longer relief from new drugs such as Zomig, Migranal, Maxalt, or Amerge, says Dr. Alan Rapoport, director of The New England Center for Headache in Stamford, Connecticut. The drugs, all tablets except for Migranal, which

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"It's something I do for

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"Three years ago my doctor and I agreed that taking PREMARIN was right r me. I've been taking it ever since, with my doctor's approval. I feel wonderful... y menopausal symptoms are gone and I know I'm helping to prevent osteoporosis d protect my future. Taking PREMARIN is part of my daily routine."

PREMARIN is prescribed for relief of the uncomfort- e symptoms of menopause, as well as prevention of the ious bone disease osteoporosis. In fact, PREMARIN is the t estrogen proven to help prevent osteoporosis. It's portant to speak with your health care provider to help ermine your risk for osteoporosis.

PREMARIN, a complex blend of estrogens, has been scribed for more than 50 years. The most studied of all rogens, PREMARIN has earned your confidence, just as it earned the confidence of generation after generation women all over the world. Today, PREMARIN is taken by re than 9,000,000 women in the U.S. alone.

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There can be side effects with hormones. e side effect of estrogen replacement therapy is the pos- lity of developing cancer of the uterus. If you have had ysterectomy, you don't have this risk.

When you discuss hormone replacement therapy h your doctor or health care provider, be sure to dis- s your personal and family history of breast cancer, breast lumps, abnormal vaginal bleeding, abnormal blood clotting, or heart disease. Women who are pregnant should not take hormone replacement therapy because of possible risk to the fetus.

Look for the oval tablet. The unique appearance of the PREMARIN tablet, with the name PREMARIN on it, is your assurance that you're getting the estrogen therapy that offers a combination of excellent quality and 50-year heritage...all for only about 40 cents per day. PREMARIN is the most prescribed medication in the country. Many women find that very comforting.

And, if you take PREMPRO™ (conjugated estrogens/medroxyprogesterone acetate tablets) 0.625 mg/2.5 mg or PREMPHASE® (conjugated estrogens/medroxyprogesterone acetate tablets) 0.625 mg/5 mg, which contain the same estrogens found in PREMARIN, you can enjoy that same level of confidence.

If you have any questions about your PREMARIN prescription, speak with your doctor or health care provider.

Please be sure to read the important information on the following page.

"When I take my PREMARIN, I know I'm doing something good for myself. PREMARIN will continue to be my brand of estrogen."

For me, it's **PREMARIN®**
(conjugated estrogens tablets, USP) 0.625 mg

BRIEF SUMMARY OF PRESCRIBING INFORMATION FOR THE PATIENT

PREMPRO™ Brand of conjugated estrogens/medroxyprogesterone acetate tablets.
This summary describes when and how to use estrogen/progestin drugs and the benefits and risks of treatment.

ESTROGENS INCREASE THE RISK OF CANCER OF THE UTERUS IN WOMEN WHO HAVE HAD THEIR MENOPAUSE ("CHANGE OF LIFE"). ***THIS FINDING REFERS TO ESTROGENS GIVEN WITHOUT PROGESTIN.***
Progestin drugs taken with estrogen-containing drugs significantly reduce but do not eliminate this risk. If you use any estrogen-containing drug, it is important to visit your doctor regularly and report any unusual vaginal bleeding right away. Vaginal bleeding after menopause may be a warning sign of uterine cancer. Your doctor should evaluate any unusual vaginal bleeding to find out the cause.

ESTROGENS/PROGESTINS SHOULD NOT BE USED DURING PREGNANCY.
Estrogens do not prevent miscarriage (spontaneous abortion) and are not needed in the days following childbirth. If you take estrogens during pregnancy your unborn child has a greater than usual chance of having birth defects. These birth defects may affect the baby's urinary system and sex organs.

ESTROGEN/PROGESTIN DRUGS
PREMPRO is a combination of two hormones, an estrogen and a progestin. This hormone combination has been shown to provide the benefits of estrogen replacement therapy while lowering the frequency of a possible precancerous condition of the uterine lining. This therapy is not intended for women who have had a hysterectomy (surgical removal of the uterus).

Estrogens have several important uses but also some risks. You must decide, with your doctor, whether the risks of estrogens are acceptable when weighed against their benefits. Check with your doctor to make sure you are using the lowest possible effective dose.

With PREMPRO therapy several menstrual-like bleeding patterns may occur. These may range from absence of bleeding to irregular bleeding. If bleeding occurs, it is frequently light spotting or moderate menstrual-like bleeding, but it may be heavy. Please discuss your bleeding pattern and set up an appropriate schedule for follow-up care with your physician.

USES OF ESTROGEN
To reduce menopausal symptoms. Estrogens are hormones produced by the ovaries of normal women. The decrease in the amount of estrogen that occurs in all women, usually between the ages of 45 and 55, causes menopause. Sometimes the ovaries are removed during an operation causing "surgical menopause." When the amount of estrogen begins to decrease, some women develop very uncomfortable symptoms, such as feelings of warmth in the face, neck, and chest, or sudden intense episodes of heat and sweating ("hot flashes" or "hot flushes"). Using estrogen drugs can help the body adjust to lower estrogen levels and reduce these symptoms. Some women have none or only mild menopausal symptoms; in others, symptoms can be severe. These symptoms may last only a few months or longer. Taking PREMPRO can alleviate these symptoms. If you are not taking hormones for other reasons, such as the prevention of osteoporosis, you should take PREMPRO only as long as you need it for relief from your menopausal symptoms.

To prevent brittle bones. After age 40, and especially after menopause, some women develop osteoporosis. This is a thinning of the bones that makes them weaker and more likely to break, often leading to fractures of spine, hip, and wrist bones. Taking estrogens after the menopause slows down bone loss and may prevent bones from breaking. Eating foods that are high in calcium (such as dairy products) or taking calcium supplements (1000 to 1500 milligrams per day) and certain types of exercise may also help prevent osteoporosis. Since estrogen use is associated with some risks, its use in the prevention of osteoporosis should be limited to women who appear susceptible to this condition. The following characteristics are often present in women who are likely to develop osteoporosis: white or Asian race, thinness, cigarette smoking, family history, and early or surgical menopause.

To treat vulvar and vaginal atrophy (itching, burning, dryness in or around the vagina, difficulty or burning on urination) associated with menopause.

WHEN ESTROGENS SHOULD NOT BE USED
During pregnancy (see Boxed Warning). If you think you may be pregnant, do not use any form of estrogen-containing drug. Using estrogens while you are pregnant may cause your unborn child to have birth defects. Estrogens do not prevent miscarriage.

If you have unusual vaginal bleeding which has not been evaluated by your doctor (see Boxed Warning). Unusual vaginal bleeding can be a warning sign of cancer of the uterus, especially if it happens after menopause. Your doctor must find out the cause of the bleeding so that he or she can recommend the proper treatment. Taking estrogens without visiting your doctor can cause you serious harm if your vaginal bleeding is caused by cancer of the uterus.

If you have had cancer. Since estrogens increase the risk of certain types of cancer, you should not use estrogens if you have ever had cancer of the breast or uterus.

If you have any circulation problems. Estrogen drugs should not be used except in unusually special situations in which your doctor decides that you need estrogen therapy so much that the risks are acceptable. Women with abnormal blood clotting conditions should avoid estrogen use (see **RISKS OF ESTROGENS AND/OR PROGESTINS**).

When they do not work. During menopause, some women develop nervous symptoms or depression. Estrogens do not relieve these symptoms. You may have heard that taking estrogens for years after menopause will keep your skin soft and supple and keep you feeling young. There is no evidence for these claims and such long-term estrogen use may have serious risks.

After childbirth or when breast-feeding a baby. Estrogen should not be used to try to stop the breast from filling with milk after a baby is born. Such treatment may increase the risk of developing blood clots (see **RISKS OF ESTROGENS AND/OR PROGESTINS**).

If you are breast-feeding, you should avoid using any drugs because many drugs pass through to the baby in the milk. While nursing a baby, you should take drugs only on the advice of your health care provider.

RISKS OF ESTROGENS AND/OR PROGESTINS
Cancer of the uterus. The risk of cancer of the uterus increases when estrogens are used alone, the longer they are used, and when larger doses are taken. There is a higher risk of cancer of the uterus if you are overweight, diabetic, or have high blood pressure.

The hormone combination you will be taking contains estrogen and progestin. This combination has been shown to provide the benefits of estrogen replacement therapy while reducing the risk of a precancerous condition of the uterine lining.

Additional risks may be associated with the inclusion of a progestin in estrogen treatment. The possible risks include unfavorable effects on blood fats and sugars. Usually, the smaller the dose and the shorter the duration of treatment, the more these effects are minimized. Check with your doctor to make sure you are using the lowest effective dose and only for as long as you need it.

Cancer of the breast. Most studies have not shown a higher risk of breast cancer in women who have ever used estrogens. However, some studies have reported that breast cancer developed more often (up to twice the usual rate) in women who used estrogens for long periods of time (especially more than 10 years), or who used high doses for shorter time periods. The effects of added progestin on the risk of breast cancer are unknown. Some studies have reported a somewhat increased risk, even higher than the possible risk associated with estrogens alone. Others have not. Regular breast examinations by a health professional and monthly self-examination are recommended for all women.

Gallbladder disease. Women who use estrogens after menopause are more likely to develop gallbladder disease needing surgery than women who do not use estrogens.

Inflammation of the Pancreas. Women with high triglyceride levels may have an increased risk of developing inflammation of the pancreas.

Abnormal blood clotting. Taking estrogens may increase the risk of blood clots. These clots can cause a stroke, a heart attack, or a pulmonary embolus, any of which may cause death or serious long-term disability.

Excess calcium in the blood. Taking estrogens may lead to severe hypercalcemia in women with breast and/or bone cancer.

During pregnancy. There is an increased risk of birth defects in children whose mothers take this drug during the first four months of pregnancy. Several reports suggest an association between mothers who take these drugs in the first trimester of pregnancy and genital abnormalities in male and female babies. The risk to the male baby is the possibility of being born with a condition in which the opening of the penis is on the underside rather than the tip of the penis (hypospadias). Hypospadias occurs in about 5 to 8 per 1,000 male births and is about doubled with exposure to these drugs. There is not enough information to quantify the risk to exposed female fetuses. However, enlargement of the clitoris and fusion of the labia may occur, although rarely.

Therefore, since drugs of this type may induce mild masculinization of the external genitalia of the female fetus, as well as hypospadias in the male fetus, it is wise to avoid using the drug during the first trimester of pregnancy. These drugs have been used as a test for pregnancy, but such use is no longer considered safe because of possible damage to a developing baby. Also, more rapid methods for testing for pregnancy are now available. If you take PREMPRO and later find you were pregnant when you took it, be sure to discuss this with your doctor as soon as possible.

SIDE EFFECTS WITH ESTROGENS AND/OR PROGESTINS
In addition to the risks listed above, the following side effects have been reported with estrogen and/or progestin use:
- Nausea, vomiting; pain, cramps, swelling, or tenderness in the abdomen.
- Yellowing of the skin and/or whites of the eyes.
- Breast tenderness or enlargement.
- Enlargement of benign tumors of the uterus.
- Irregular bleeding or spotting.
- Change in amount of cervical secretion.
- Vaginal yeast infections.
- Retention of excess fluid. This may make some conditions worsen, such as asthma, epilepsy, migraine, heart disease, or kidney disease.
- A spotty darkening of the skin, particularly on the face; reddening of the skin; skin rashes.
- Worsening of porphyria.
- Headache, migraines, dizziness, faintness, or changes in vision (including intolerance to contact lenses).
- Mental depression.
- Involuntary muscle spasms.
- Hair loss or abnormal hairiness.
- Increase or decrease in weight.
- Changes in sex drive.
- Possible changes in blood sugar.

REDUCING THE RISKS OF ESTROGEN/PROGESTIN USE
If you decide to take an estrogen/progestin combination, you can reduce your risks by carefully monitoring your treatment.

See your doctor regularly. While you are taking PREMPRO, it is important to visit your doctor at least once a year for a checkup. If you develop vaginal bleeding while taking estrogens, you may need further evaluation. If members of your family have had breast cancer or if you have ever had breast lumps or an abnormal mammogram (breast X ray), you may need to have more frequent breast examinations.

Reassess your need for treatment. You and your doctor should reevaluate your need for estrogens at least every six months.

Be alert for signs of trouble. Report these or any other unusual symptoms to your doctor immediately:
- Abnormal bleeding from the vagina.
- Pains in the calves or chest, a sudden shortness of breath, or coughing blood.
- Severe headache or vomiting, dizziness, faintness, or changes in vision or speech, weakness or numbness of arm or leg.
- Breast lumps.
- Yellowing of the skin and/or whites of the eyes.
- Pain, swelling, or tenderness in the abdomen.

OTHER INFORMATION
Estrogens increase the risk of developing a condition (endometrial hyperplasia) that may lead to cancer of the lining of the uterus. Taking progestins, another hormonal drug, with estrogens lowers the risk of developing this condition.

You should know, however, that taking estrogens *with* progestins may have unhealthy effects on blood sugar, which might make a diabetic condition worse.

Some research has shown that estrogens taken *without* progestins may protect women against developing heart disease. However, this is not certain. The protection shown may have been caused by the characteristics of the estrogen-treated women and not by the estrogen treatment itself. In general, treated women were slimmer, more physically active, and were less likely to have diabetes than the untreated women. These characteristics are known to protect against heart disease.

It is important to discuss, in detail, with your doctor or health care provider all the possible risks and benefits of long-term estrogen and progestin treatment as they affect you personally.

This Summary provides the most important information about PREMPRO. If you want to read more, ask your doctor or pharmacist to let you read the professional labeling.

This Brief Summary for Direct-to-Consumer Advertising is based on the current PREMPRO Tablets insert (PI 4665-3) revised May 21,1997 with the incorporation, in lay language, of pertinent text from the Physician Insert, (CI 4664-3) revised May 21,1997.

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WAPR-0499

Holiday Headaches

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is a nasal spray, are expected to be approved by the Food and Drug Administration in early 1998.

Cluster headaches. If you have one or more headaches every day for weeks and then go months without having one, you may be suffering from cluster headaches.

Caused by swelling blood vessels in the head, cluster headaches generally hit fast and hard, and almost always come from one side of the head. They can last 30 minutes to two hours and often wake people up in the middle of the night with pain around one eye. Almost all cluster headache sufferers are men, but experts don't know why.

"Cluster headaches are often so severe that many of these guys can't sit or lie still," Dr. Kunkel says. "They pace the floor."

Unfortunately, there's little you can do to prevent cluster headaches other than avoid alcohol and heavy smoking. Preventive drugs—such as cortisone, Calan (an angina medicine), and Lithonate (a mood-swing drug)—may provide relief. Imitrex also may help reduce the pain.

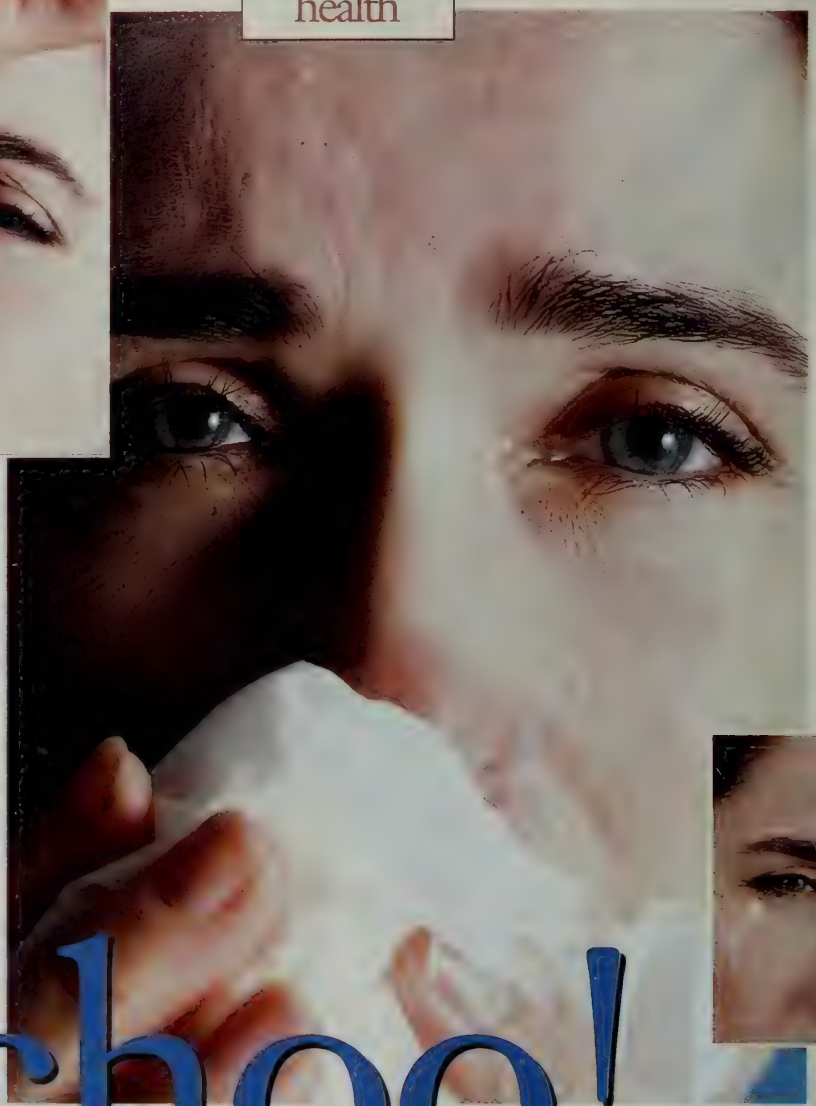
Many cluster sufferers get relief from breathing oxygen from a tank. It helps constrict blood vessels, stopping the pain within 10 minutes. Ask your doctor about it. The best medicine, however, is time. The pain eventually does fade.

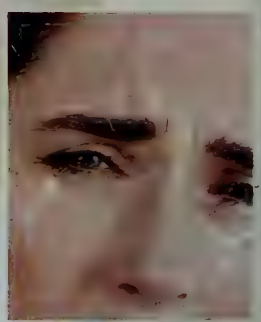


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VANILLA
FIELDS







Cold, Allergies, or the Flu?

Achoo!

by Mary Meehan

The nose—or at least the owner of the nose—doesn't always know.

Determining the difference between a cold, the flu, and allergies is nothing to sneeze at. Correct treatment depends on which of these nasty nasal infirmities nature has you targeted for. Even experts can't always determine the source of a sneeze at the drop of a hankie.

Sneezing is a sure sign of a cold, along with nasal congestion and a dry, hacking cough. But fevers will probably be low grade, below 100 degrees. Other symptoms, such as a headache or fatigue, will be annoying, yet mild.

With the flu, symptoms tend to come on quickly and are almost always accompanied by a fever lasting three or four days. Body aches and chills are common, as is a dry cough. Another flu clue: time of year. The flu hits during the winter months, roughly November through April.

Allergies appear in response to a specific irritant—like cat hair—or during a specific time of year when pollen counts are high. But for many serious sufferers there is no allergy season. Something irritating always seems to be blooming or blowing.

Allergies can worsen during winter months as air recirculating through heating systems stirs up dust mites, a cause of many allergies. Individual symptoms vary, but an allergy, unlike a cold, is usually

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Achoo!

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accompanied by watery or itchy eyes or a runny nose.

Flu clues. An average 20,000 Americans die each year from the flu and its complications, such as pneumonia. Three times in the last century flu pandemics have killed millions of people worldwide. The 1918 outbreak of the Spanish flu killed 20 million people, including more than 500,000 Americans.

Flu, also known as influenza, is both powerful and challenging to treat, says Dr. Steven Mostow, chair of the department of medicine at Rose Medical Center in Denver and a member of the National Influenza Advisory Board.

The major problem, he says, is that the flu virus mutates as it goes around the world. This requires creation of a new vaccine every year. Compare that to something like smallpox, a once-feared disease that has been eradicated. Smallpox was stopped by a single vaccine.

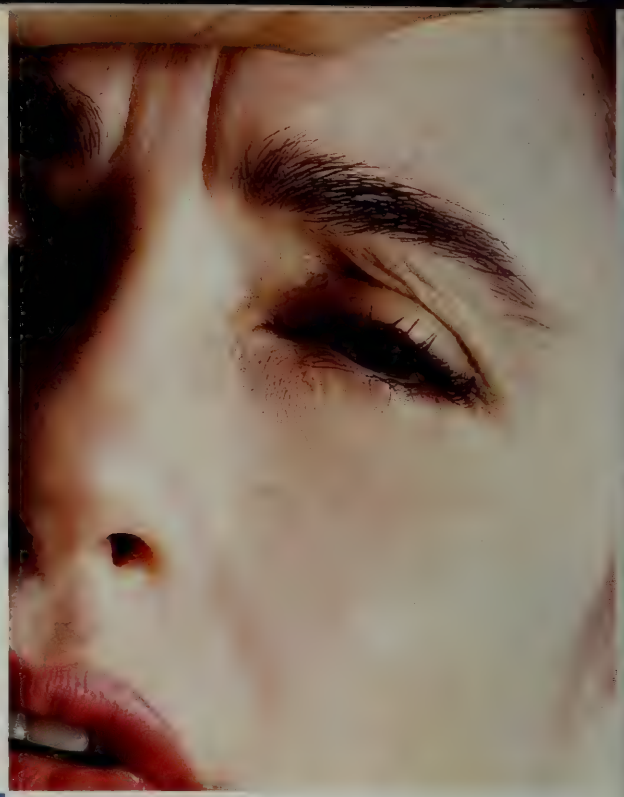
The flu is easily transmitted, spread by coughing or sneezing. But, unlike a cold, you can protect yourself. Nancy Arden, an epidemiologist for the Centers for Disease Control in Atlanta, says flu shots are up to 70 to 90 percent effective in preventing influenza and are offered free by many health plans, county health departments, and local chapters of the American Lung Association. (For example, in Denver, Dr. Mostow says, flu shots are given in most grocery stores.)

The average adult catches two to three colds each year.

A shot is a must for people over 65 or those with chronic health problems, such as asthma, diabetes, or heart and lung problems. These high-risk groups account for 90 percent of flu-related deaths, Arden says. If you live with your elderly parents, everyone in the house should get a flu shot.

Most healthy children don't need a flu shot. The American Academy of Pediatrics recommends the vaccine only for kids six months and older who are at high risk for complications if they get the flu. Children with asthma, for example, are prime candidates for annual flu shots.

The vaccine takes one to two weeks to produce enough antibody—or flu-fighting agent—to provide the protection you need. Arden suggests getting a shot between mid-October and mid-November, right about the time of pre-Christmas sales and holiday movie releases. That way you'll be prepared when flu season begins. Today's vaccines, unlike those used in the 1940s and 1950s, have few side effects other than some arm soreness.



If you do get the flu, don't take leftover antibiotics to feel better. And don't let your doctor give you any. Some doctors still incorrectly prescribe penicillin for a cold or flu, but antibiotics work only on bacterial infections, not viral ones.

A study published in a September issue of the *Journal of the American Medical Association* reported that doctors wrote 12 million antibiotic prescriptions in 1992 for colds and other respiratory infections even though the drugs are almost always powerless in fighting them. This overuse has helped contribute to the emergence of drug-resistant bacteria health experts are concerned about.

A doctor can prescribe antivirals, such as rimantadine, sold as Flumadine, or amantadine. Flumadine will rapidly reduce symptoms and shorten the illness if taken within the first two days of onset. Both drugs are only for type A influenza. They don't work on type B. Your doctor should know which strain is more prominent in your area.

Cold wars. There's a reason why it's called the common cold. In a year's time, almost everyone gets one, says Dr. Ananda Prasad, professor of medicine at Wayne State University School of Medicine in Detroit. The average adult catches two to three colds each year, and children suffer two to three times as many.

A cold is caused by an infection in the lining of your nose. It's spread hand to mouth. Once a virus gets into your nose, it releases a chemical called histamine (thus the word antihistamine on cold medicine labels) that dramatically increases blood flow to your nose. This causes swelling and congestion of the nasal tissues.

How can you stop a cold? Wash your hands. Often. That's one of the best preventive measures, along with a

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Vaseline BRAND Intensive Care LOTION
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Achoo!

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generally healthy lifestyle that includes regular exercise and a balanced diet.

If you get a cold, you can keep it from developing into sinusitis by practicing good nasal hygiene. Blow your nose often and keep your sinuses clear by using an oral or nasal spray decongestant. Long-term use of nasal spray is not, however, recommended.



There really isn't much you can do about a cold except ride it out. In a week or so you should be fine. And what about that old adage: Starve a cold, feed a fever? Arden says there is no evidence either helps. The best advice is to drink plenty of fluids and get some rest.

Dr. Michael Macknin, chairman of the general pediatrics department at The Cleveland Clinic, conducted a much-publicized study on using zinc to fight the cold virus because he was always telling parents the same thing. "I got tired of saying, 'I've got good news and bad news...it's just a cold, but there's not much I can do,' " he says. The zinc study, released last year, found that people with colds who sucked on zinc lozenges suffered half as long as those who did not use zinc (see story, *right*).

Year-round allergies. There is no off-season for the 20 percent of Americans who have allergies. Winter, spring, summer, or fall, keep your allergist on call. There are dust mites during the winter months, tree pollen in the spring, grasses in summer, and weeds in the fall.

We are always exposed to something, says Dr. Martha White, of the American Academy of Allergy, Asthma and Immunology's public education committee. Wet areas, such as river valleys or subtropic climates, may be worse for allergy sufferers, she says. Although a minor annoyance for most, allergies can have serious side effects. Serious, untreated allergies in young, developing children can actually change their facial structure. Among all ages, untreated allergies can evolve into more serious ailments, such as sinusitis and asthma.

Why do some people breeze through when others can barely breathe? Look at your mom and dad. People are genetically predisposed to be allergic, Dr. White says. But, she says, aging can have its benefits. Allergic reactions tend to peak in the late teens and early 20s, growing less severe with age.

There's little you can do to change whether you're allergic, but you can limit your exposure to whatever brings tears to your eyes. Shut the door on seasonal allergies—and the windows. Keeping your house tight will keep what ails you outside. Also, frequently change the filters on air-conditioning or heating systems.

The other answer: Clean house. Microscopic dust mites lurk everywhere but can be kept to a minimum with regular cleaning. Don't clutter surfaces with knickknacks and other hard-to-clean items. Carpeting, especially when laid over concrete, should be avoided. Opt for hardwood or linoleum floors. Wash your bed linens weekly in hot water, and regularly wash comforters and pillows.

If you have signs of the allergic triad—allergies, eczema, and asthma—you're probably a good candidate for weekly allergy shots, Dr. White says. The shots are a series of injections containing minute amounts of the substance you're allergic to, desensitizing your body. Allergy sufferers can help themselves by doing a little detective work. Monitor exactly when and where your allergy symptoms occur and when reactions are most pronounced, and then talk to your doctor.

It doesn't take a sleuth, however, to know there's really no escaping the sniffles that arrive with winter—whether they're caused by an allergy, a cold, or the flu. And since you can't get around them all, do what you can to get through.

ECHINACEA AND ZINC

Two new discoveries in the war on colds have been contradictorily dismissed as quackery and extolled for effective treatment of everything from human syphilis to horse-saddle sores.

Echinacea, or purple coneflower, has become the most widely used herbal remedy in the United States, mostly by word of mouth, says the American Botanical Council. It's also one of the oldest. Archeological digs uncovered samples of echinacea in Lakota Sioux villages dating from the 1600s.

It's sold in a tincture (dissolved in an alcohol solution) and pill form and best taken within the first two days after the sniffles or flu-related aches. Scientists are still searching for the best dosage, but studies suggest "maximum immune stimulation" is reached within five days. Simply put: If echinacea hasn't helped you by then, it probably won't.

Alternative medicine aficionados have also heard of zinc as a cold remedy. A Cleveland Clinic study released last year indicates that sucking on zinc lozenges helped cold sufferers recover twice as fast as those who didn't use zinc. The lozenges, which look like a lemon-lime hard candy, usually contain 13.3 mg of zinc and should be taken for five days.

While some see this as a significant step to curing the common cold, the Centers for Disease Control says sufficient research has yet to be done to endorse either echinacea or zinc. Even Dr. Michael Macknin, chairman of the department of pediatrics at The Cleveland Clinic, says the results of his zinc study were promising, but the avalanche of publicity was disproportionate to its scientific merit.

And, lovers of natural healing, be warned—both zinc and echinacea are known for their lingering, bitter taste.



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Ask your doctor about an exciting advancement for treating runny noses, ATROVENT® Nasal Spray. NOT A STEROID It's the first in a unique class of nasal sprays that actually stop runny noses where they start. NOT AN ANTIHISTAMINE ATROVENT Nasal Spray's special inhibitors provide effective relief without insomnia WON'T KEEP YOU AWAKE or drowsiness. WON'T PUT YOU TO SLEEP And it can be safely used by children 12 years and older. ATROVENT Nasal Spray is available exclusively by prescription. Only your doctor knows if it's right for treating your runny nose. Though most ATROVENT Nasal Spray users experience trouble-free relief, nasal dryness (approximately 1 in 20 patients) and mild nose bleeds (approximately 1 in 10 patients) are potential side effects.* So ask your doctor about ATROVENT Nasal Spray, or call toll-free **1·888·ATROVENT (287·6836)** for a free brochure and money-saving coupon.

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(ipratropium bromide)

Atrovent®
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For allergic and nonallergic perennial rhinitis

Brief Summary of Prescribing Information

INDICATIONS AND USAGE ATROVENT® (ipratropium bromide) Nasal Spray 0.03% is indicated for the symptomatic relief of rhinorrhea associated with allergic and nonallergic perennial rhinitis in adults and children age 12 years and older. ATROVENT Nasal Spray 0.03% does not relieve nasal congestion, sneezing or postnasal drip associated with allergic or nonallergic perennial rhinitis.

CONTRAINDICATIONS ATROVENT® (ipratropium bromide) Nasal Spray 0.03% is contraindicated in patients with a history of hypersensitivity to atropine or its derivatives, or to any of the other ingredients.

WARNINGS Immediate hypersensitivity reactions may occur after administration of ipratropium bromide, as demonstrated by rare cases of urticaria, angioedema, rash, bronchospasm and oropharyngeal edema.

PRECAUTIONS General ATROVENT® (ipratropium bromide) Nasal Spray 0.03% should be used with caution in patients with narrow-angle glaucoma, prostatic hypertrophy or bladder neck obstruction, particularly if they are receiving an anticholinergic by another route. Cases of precipitation or worsening of narrow-angle glaucoma and acute eye pain have been reported with direct eye contact of ipratropium bromide administered by oral inhalation.

Information for Patients Patients should be advised that temporary blurring of vision, precipitation or worsening of narrow-angle glaucoma or eye pain may result if ATROVENT Nasal Spray 0.03% comes into direct contact with the eyes. Patients should be instructed to avoid spraying ATROVENT Nasal Spray 0.03% in or around their eyes. Patients who experience eye pain, blurred vision, excessive nasal dryness or episodes of nasal bleeding should be instructed to contact their doctor. Patients should be reminded to carefully read and follow the accompanying PATIENT'S INSTRUCTIONS FOR USE.

Drug Interactions No controlled clinical trials were conducted to investigate drug-drug interactions. ATROVENT Nasal Spray 0.03% is minimally absorbed into the systemic circulation; nonetheless, there is some potential for an additive interaction with other concomitantly administered anticholinergic medications, including ATROVENT for oral inhalation.

Carcinogenesis, Mutagenesis, Impairment of Fertility Two-year oral carcinogenicity studies in rats and mice have revealed no carcinogenic activity at doses up to 6 mg/kg/day. This dose corresponds, in rats and mice respectively, to about 200 and 100 times the maximum recommended human daily dose (MRHD) on a mg/m^2 basis of ATROVENT Nasal Spray 0.03%. Results of various mutagenicity studies (Ames test, mouse dominant lethal test, mouse micronucleus test and chromosome aberration of bone marrow in Chinese hamsters) were negative.

Fertility of male or female rats at oral doses up to 50 mg/kg/day (about 1,660 times the MRHD on a mg/m^2 basis) was unaffected by ipratropium bromide administration. At doses above 90 mg/kg/day (about 3,000 times the MRHD on a mg/m^2 basis), a decreased conception rate was observed.

Pregnancy *TERATOGENIC EFFECTS Pregnancy Category B.* Oral reproduction studies were performed at doses of 10 mg/kg/day in mice, 100 mg/kg/day in rats and 125 mg/kg/day in rabbits. These doses correspond, in each species respectively, to about 160, 3,000 and 8,000 times the MRHD of ATROVENT Nasal Spray 0.03% in perennial rhinitis (252 mcg/day) on a mg/m^2 basis. Inhalation reproduction studies in rats and rabbits at doses of 1.5 and 1.8 mg/kg/day (about 50 and 120 times the MRHD on a mg/m^2 basis for each species, respectively) have demonstrated no evidence of teratogenic effects as a result of ipratropium bromide. At oral doses above 90 mg/kg/day in rats (about 3000 times the MRHD on a mg/m^2 basis) embryotoxicity was observed as increased resorption. This effect is not considered relevant to human use due to the large doses at which it was observed and the difference in route of administration. However, no adequate or well controlled studies have been conducted in pregnant women. Because animal reproduction studies are not always predictive of human response, ATROVENT Nasal Spray 0.03% should be used during pregnancy only if clearly needed.

Nursing Mothers It is known that some ipratropium bromide is systemically absorbed following nasal administration; however the portion which may be excreted in human milk is unknown. Although lipid-insoluble quaternary bases pass into breast milk, the minimal systemic absorption makes it unlikely that ipratropium bromide would reach the infant in an amount sufficient to cause a clinical effect. However, because many drugs are excreted in human milk, caution should be exercised when ATROVENT Nasal Spray 0.03% is administered to a nursing woman.

Pediatric Use Safety and effectiveness of ATROVENT Nasal Spray 0.03% in patients below the age of 12 years have not been established.

ADVERSE REACTIONS Adverse reaction information on ATROVENT® (ipratropium bromide) Nasal Spray 0.03% in patients with perennial rhinitis was derived from four multicenter, vehicle-controlled clinical trials involving 703 patients (356 patients on ATROVENT and 347 patients on vehicle), and a 1-year, open-label, follow-up trial. In three of the trials, patients received ATROVENT Nasal Spray 0.03% three times daily, for 8 weeks. In the other trial, ATROVENT Nasal Spray 0.03% was given to patients two times daily for 4 weeks. Of the 285 patients who entered the open-label, follow-up trial, 232 were treated for 3 months, 200 for 6 months, and 159 up to 1 year. The majority (>86%) of patients treated for 1 year were maintained on 42 mcg per nostril, two or three times daily, of ATROVENT (ipratropium bromide) Nasal Spray 0.03%.

The following table shows adverse events, and the frequency that these adverse events led to the discontinuation of treatment, reported for patients who received ATROVENT Nasal Spray 0.03% at the recommended dose of 42 mcg per nostril, or vehicle two or three times daily for 4 or 8 weeks. Only adverse events reported with an incidence of at least 2.0% in the ATROVENT group and higher in the ATROVENT group than in the vehicle group are shown.

	% of Patients Reporting Events[1]			
	ATROVENT Nasal Spray 0.03% (n=356)		Vehicle Control (n=347)	
	Incidence%	Discontinued%	Incidence%	Discontinued %
Headache	9.8	0.6	9.2	0
Upper respiratory tract infection	9.8	1.4	7.2	1.4
Epistaxis[1]	9.0	0.3	4.6	0.3
Rhinitis*				
Nasal dryness	5.1	0	0.9	0.3
Nasal irritation[2]	2.0	0	1.7	0.6
Other nasal symptoms[3]	3.1	1.1	1.7	0.3
Pharyngitis	8.1	0.3	4.6	0
Nausea	2.2	0.3	0.9	0

[1] Epistaxis reported by 7.0% of ATROVENT patients and 2.3% of vehicle patients, blood-tinged mucus by 2.0% of ATROVENT patients and 2.3% of vehicle patients.

[2] Nasal irritation includes reports of nasal itching, nasal burning, nasal irritation and ulcerative rhinitis.

[3] Other nasal symptoms include reports of nasal congestion, increased rhinorrhea, increased rhinitis, posterior nasal drip, sneezing, nasal polyps and nasal edema.

[†] This table includes adverse events which occurred at an incidence rate of at least 2.0% in the ATROVENT group and more frequently in the ATROVENT group than in the vehicle group.

* All events are listed by their WHO term; rhinitis has been presented by descriptive terms for clarification.

ATROVENT Nasal Spray 0.03% was well tolerated by most patients. The most frequently reported nasal adverse events were transient episodes of nasal dryness or epistaxis. These adverse events were mild or moderate in nature, none was considered serious, none resulted in hospitalization and most resolved spontaneously or following a dose reduction. Treatment for nasal dryness and epistaxis was required infrequently (2% or less) and consisted of local application of pressure or a moisturizing agent (e.g., petroleum jelly or saline nasal spray). Patient discontinuation for epistaxis or nasal dryness was infrequent in both the controlled (0.3% or less) and 1-year, open-label (2% or less) trials. There was no evidence of nasal rebound (i.e., a clinically significant increase in rhinorrhea, posterior nasal drip, sneezing or nasal congestion severity compared to baseline) upon discontinuation of double-blind therapy in these trials.

Adverse events reported by less than 2% of the patients receiving ATROVENT Nasal Spray 0.03% during the controlled clinical trials or during the open-label follow-up trial, which are potentially related to the local or systemic anticholinergic effects of Atrovent include: dry mouth/throat, dizziness, ocular irritation, blurred vision, conjunctivitis, hoarseness, cough and taste perversion. Additional anticholinergic effects noted with other ATROVENT dosage forms (ATROVENT® Inhalation Solution, ATROVENT® Inhalation Aerosol, and ATROVENT® Nasal Spray 0.06%) include: precipitation or worsening of narrow-angle glaucoma, urinary retention, prostatic disorders, tachycardia, constipation, and bowel obstruction.

There were infrequent reports of skin rash in both the controlled and uncontrolled clinical studies. Other allergic-type reactions such as angioedema of the throat, tongue, lips and face, urticaria, laryngospasm and anaphylactic reactions have been reported with other ipratropium bromide products.

No controlled trial was conducted to address the relative incidence of adverse events of BID versus TID therapy.

HOW SUPPLIED ATROVENT® (ipratropium bromide) Nasal Spray 0.03% is supplied as 30 ml of solution in a high density polyethylene (HDPE) bottle fitted with a metered nasal spray pump, a safety clip to prevent accidental discharge of the spray, and a clear plastic dust cap. The 30 ml bottle of ATROVENT Nasal Spray is designed to deliver 345 sprays of 0.07 ml each (21 mcg ipratropium bromide), or 28 days of therapy at the maximum recommended dose (two sprays per nostril three times a day).

Store tightly closed between 59°F (15°C) and 86°F (30°C). Avoid freezing. Keep out of reach of children. Avoid spraying in or around the eyes.

Consult package insert before prescribing.

AN.03-BS-10/95

Atrovent®
(ipratropium bromide) Nasal Spray 0.06%

For the comm

Brief Summary of Prescribing Information

INDICATIONS AND USAGE ATROVENT® (ipratropium bromide) Nasal Spray 0.06% is indicated for the symptomatic r
rhinorrhea associated with the common cold for adults and children age 12 years and older. ATROVENT Nasal Spray 0%
does not relieve nasal congestion or sneezing associated with the common cold.

The safety and effectiveness of the use of ATROVENT Nasal Spray 0.06% beyond four days in patients w
common cold has not been established.

CONTRAINDICATIONS ATROVENT® (ipratropium bromide) Nasal Spray 0.06% is contraindicated in patients with a his
hypersensitivity to atropine or its derivatives, or to any of the other ingredients.

WARNINGS Immediate hypersensitivity reactions may occur after administration of ipratropium bromi
demonstrated by rare cases of urticaria, angioedema, rash, bronchospasm and oropharyngeal edema.

PRECAUTIONS General ATROVENT® (ipratropium bromide) Nasal Spray 0.06% should be used with c
in patients with narrow-angle glaucoma, prostatic hypertrophy or bladder neck obstruction, particularly if they are recer
anticholinergic by another route. Cases of precipitation or worsening of narrow-angle glaucoma and acute eye pain hav
reported with direct eye contact of ipratropium bromide administered by oral inhalation.

Information for Patients Patients should be advised that temporary blurring of vision, precipitation or worsening of n
angle glaucoma or eye pain may result if ATROVENT Nasal Spray 0.06% comes into direct contact with the eyes. Patients
be instructed to avoid spraying ATROVENT Nasal Spray 0.06% in or around the eyes. Patients who experience eye pain,
vision, excessive nasal dryness or episodes of nasal bleeding should be instructed to contact their doctor. Patients sh
reminded to carefully read and follow the accompanying PATIENT'S INSTRUCTIONS FOR USE.

Drug Interactions No controlled clinical trials were conducted to investigate potential drug-drug intera
ATROVENT Nasal Spray 0.06% is minimally absorbed into the systemic circulation; nonetheless, there is
potential for an additive interaction with other concomitantly administered anticholinergic medications, inc
ATROVENT for oral inhalation.

Carcinogenesis, Mutagenesis, Impairment of Fertility Two-year oral carcinogenicity studies in rats and mice have re
no carcinogenic activity at doses up to 6 mg/kg/day. This dose corresponds, in rats and mice respectively, to about 70
times the maximum recommended human daily dose (MRHD) on a mg/m^2 basis of ATROVENT Nasal Spray 0.06%. Res
various mutagenicity studies (Ames test, mouse dominant lethal test, mouse micronucleus test and chromosome abe
of bone marrow in Chinese hamsters) were negative.

Fertility of male or female rats at oral doses up to 50 mg/kg/day (about 600 times the MRHD on a mg/m^2 basis) was ur
ed by ipratropium bromide administration. At doses above 90 mg/kg/day (about 1,000 times the MRHD on a mg/m^2 b
decreased conception rate was observed.

Pregnancy *TERATOGENIC EFFECTS Pregnancy Category B.* Oral reproduction studies were performed at doses of 10 mg/
in mice, 100 mg/kg/day in rats and 125 mg/kg/day in rabbits. These doses correspond, in each species respectively, to
60, 1,200, and 3,000 times the MRHD of ATROVENT Nasal Spray 0.06% in the common cold (672 mcg/day) on a mg/m^2
Inhalation reproduction studies in rats and rabbits at doses of 1.5 and 1.8 mg/kg/day (about 20 and 40 times the MRHI
on a mg/m^2 basis for each species, respectively) have demonstrated no evidence of teratogenic effects as a result of ipr
um bromide. At oral doses above 90 mg/kg/day in rats (about 1,000 times the MRHD on a mg/m^2 basis) embryotoxici
observed as increased resorption. This effect is not considered relevant to human use due to the large doses at which
observed and the difference in route of administration. However, no adequate or well controlled studies have been con
in pregnant women. Because animal reproduction studies are not always predictive of human response, ATROVENT Nasa
0.06% should be used during pregnancy only if clearly needed.

Nursing Mothers It is known that some ipratropium bromide is systemically absorbed following nasal administration; h
er the portion which may be excreted in human milk is unknown. Although lipid-insoluble quaternary bases pass into
milk, the minimal systemic absorption makes it unlikely that ipratropium bromide would reach the infant in an amoun
cient to cause a clinical effect. However, because many drugs are excreted in human milk, caution should be exercise
ATROVENT Nasal Spray 0.06% is administered to a nursing woman.

Pediatric Use Safety and effectiveness of ATROVENT Nasal Spray 0.06% in patients below the age of 12 years ha
been established.

ADVERSE REACTIONS Adverse reaction information on ATROVENT® (ipratropium bromide) Nasal Spray 0.06% in patien
the common cold was derived from two multicenter, vehicle-controlled clinical trials involving 1276 patients (195 patie
ATROVENT Nasal Spray 0.03%, 352 patients on ATROVENT Nasal Spray 0.06%, 189 patients on ATROVENT Nasal Spray (
351 patients on vehicle and 189 patients receiving no treatment).

The following table shows adverse events reported for patients who received ATROVENT Nasal Spray 0.06% at the r
mended dose of 84 mcg per nostril, or vehicle, administered three or four times daily, where the incidence is 1% or gre
the ATROVENT group and higher in the ATROVENT group than in the vehicle group.

	% of Patients Reporting Events[1]	
	ATROVENT Nasal Spray 0.06% (n=352)	Vehicle Control (n=351)
Epistaxis[2]	8.2%	2.3%
Dry Mouth/Throat	1.4%	0.3%
Nasal Congestion	1.1%	0.0%
Nasal Dryness	4.8%	2.8%

[1] This table includes adverse events for which the incidence was 1% or greater in the ATROVENT group and higher
ATROVENT group than in the vehicle group.

[2] Epistaxis reported by 5.4% of ATROVENT patients and 1.4% of vehicle patients, blood-tinged nasal mucus by 2.8% of
VENT patients and 0.9% of vehicle patients.

ATROVENT Nasal Spray 0.06% was well tolerated by most patients. The most frequently reported adverse events were
sient episodes of nasal dryness or epistaxis. The majority of these adverse events (96%) were mild or moderate in nature
was considered serious, and none resulted in hospitalization. No patient required treatment for nasal dryness, and only
patients (<1%) required treatment for epistaxis, which consisted of local application of pressure or a moisturizing agent
petroleum jelly). No patient receiving ATROVENT Nasal Spray 0.06% was discontinued from the trial due to either nasa
ness or bleeding.

Adverse events reported by less than 1% of the patients receiving ATROVENT Nasal Spray 0.06% durin
controlled clinical trials which are potentially related to the local or systemic anticholinergic effects of Atrovent include:
perversion, nasal burning, conjunctivitis, coughing, dizziness, hoarseness, palpitation, pharyngitis, tachycardia, thirst, ti
and blurred vision. Additional anticholinergic effects noted with other ATROVENT dosage forms (ATROVENT® Inhalation So
ATROVENT® Inhalation Aerosol and ATROVENT® Nasal Spray 0.03%) include: precipitation or worsening of narrow-angle
coma, urinary retention, prostate disorders, constipation and bowel obstruction.

There were no reports of allergic-type reactions in the controlled clinical trials. Allergic-type reactions su
skin rash, angioedema of the tongue, lips and face, urticaria, laryngospasm and anaphylactic reactions have been reporte
other ipratropium bromide products.

No controlled trial was conducted to address the relative incidence of adverse events for TID versus QID therapy.

HOW SUPPLIED ATROVENT® (ipratropium bromide) Nasal Spray 0.06% is supplied as 15 ml of solution in a high d
polyethylene (HDPE) bottle fitted with a metered nasal spray pump, a safety clip to prevent accid
discharge of the spray, and a clear plastic dust cap. The 15 ml bottle of ATROVENT Nasal Spray is designed to deliver 165 s
of 0.07 ml each (42 mcg ipratropium bromide).

Store tightly closed between 59°F (15°C) and 86°F (30°C). Avoid freezing. Keep out of reach of children.
spraying in or around the eyes.

Consult package insert before prescribing.

AN.06-BS-



Boehringer Ingelheim

Boehringer Ingelheim Pharmaceuticals, Inc.
Ridgefield, CT 06877

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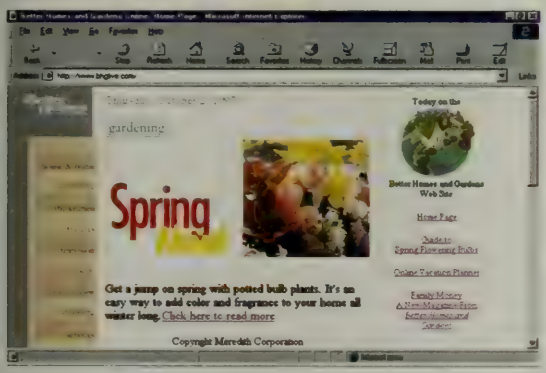
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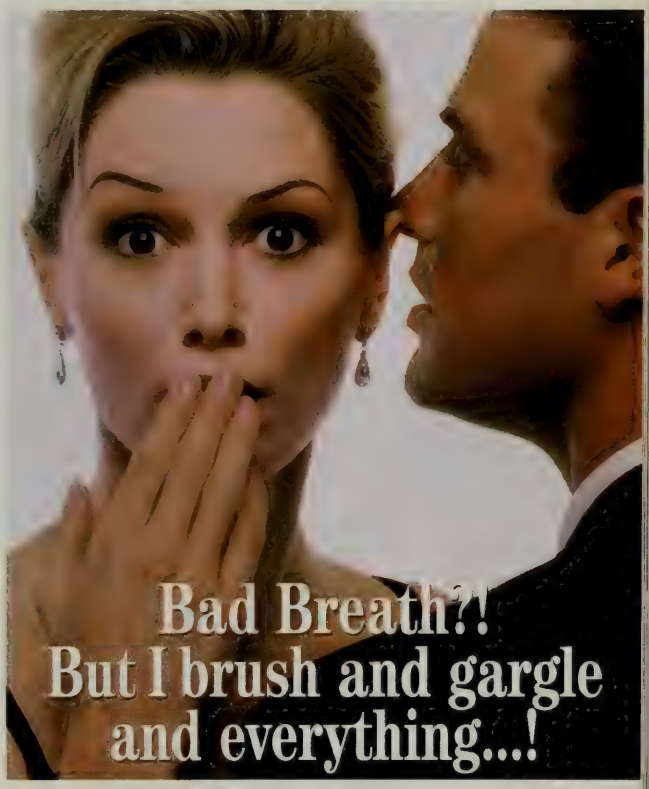
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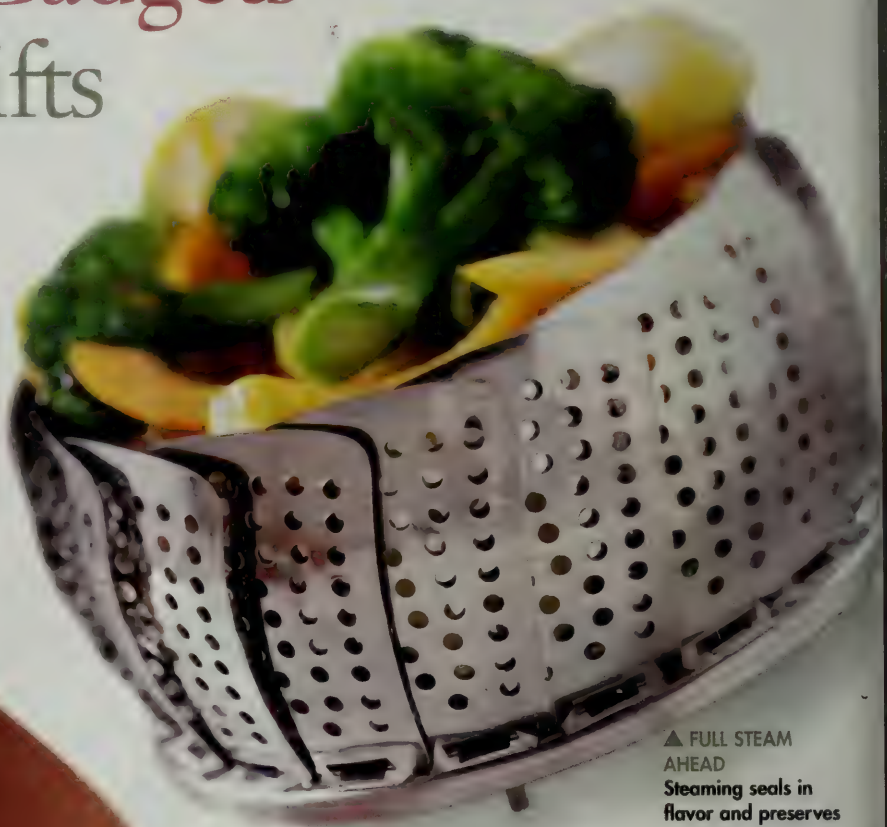
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Mail to: BreathAsure Rebate Offer, CRC P.O. Box 1624, Dept.167, Delran, NJ 08075. Limit of one $1.50 refund per household or address. Offer good in U.S.A. except where prohibited. Refund requests may not be reproduced. Your offer rights may not be assigned or transferred. Please allow 6–8 weeks for delivery.

Healthy Gadgets and Gifts

by David Feder, Registered Dietitian

Inexpensive gadgets, fun gizmos, and pocket-sized gifts are just the ticket for spreading lots of cheer during the holidays. Under a tree or next to a menorah, they add a healthful twist to giving, and are easy to find in gourmet specialty stores, mail-order catalogs, and even in larger supermarkets.



▲ FULL STEAM AHEAD
Steaming seals in flavor and preserves nutrients of meats, vegetables, and seafood. A simple, stainless steel steamer basket will bring years of use for less than $10.



▲ READY, SET, GARLIC
Garlic is well-known for its cancer-preventing benefits. A terra-cotta garlic roaster (cloche) is doubly useful: In addition to using it for roasting garlic for delicious spreads and appetizers, it can be used for storing fresh garlic. About $9.

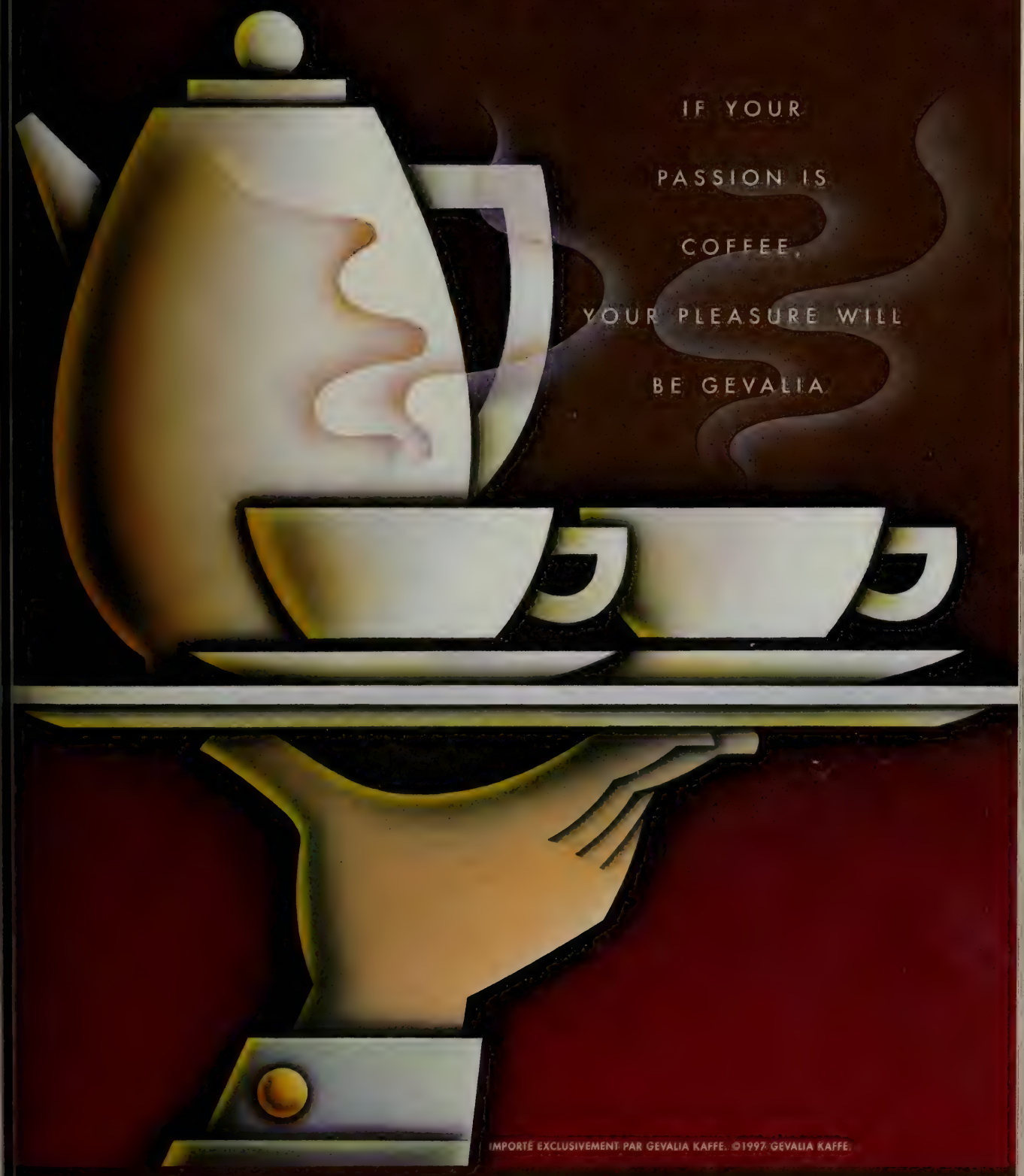


▶ A NEW STRAIN OF YOGURT
Turn fat-free yogurt into a soft, spreadable cheese to mix with smoked salmon or minced vegetables for a nutritious party dip or bagel spread. Strainer-type yogurt cheese makers have no moving parts, are dishwasher-safe, and cost as little as $8.

continued on page 88

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Healthy Gifts

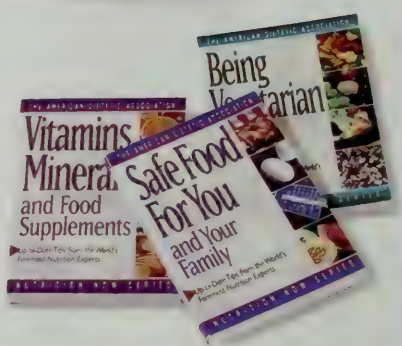
continued from page 86



▶ FROZEN YOGURT IN A FLASH
Small, hand-cranked ice-cream makers also make great frozen yogurt in 30 minutes or less. All it takes is a few turns of the handle every few minutes. Around $43 by mail order.



◀ THE SLICE IS RIGHT
Pineapple is a rich source of antioxidants, vitamins, and other important nutrients. Now, thanks to an instant corer/slicer, fresh pineapple is available using a mere twist of the wrist. About $10.



▲ POCKETWISE NUTRITION
The latest in "pocket nutrition" comes from the American Dietetic Association (ADA). This series of paperback books ($5.95 each) is aptly titled "Nutrition Now." The series is available at bookstores or from the ADA by calling 800/877-1600.

To order garlic roaster and frozen yogurt maker, turn to page 170.

SPICED-UP GADGETRY

Herbs and spices are an unmatched source of fat-free flavor. Here's a trio of cheap-and-cheerful gifts for $6 to $16 each.



▲ **ON A ROLL**
These rubber-tube garlic peelers are fast and simple to use. Pop in a garlic clove and roll with your fingers. Peel as much fresh garlic as you need for use in dressings, sauces, and pasta dishes.



▲ **A SHRED AHEAD**
The intensity of tarragon and rosemary or the subtlety of thyme and parsley come markedly through when snipped fresh. A hand-operated herb shredder lets you add fresh tastes on the spot.



▲ **A GRATE GIFT FOR GINGER**
Ginger contains powerful cancer-fighting phytochemicals. Use a handy porcelain grater to quickly grate fresh gingerroot when you're ready to add it to stir-fry dishes and other recipes.


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gardener's almanac

DECEMBER 1997

by Craig Summers Black and Mark Kane



The twigs of this variegated-leaf dogwood can thrust bright red color up through a blanket of snowy white.

EDITOR'S CHOICE

Seeing Red This Winter

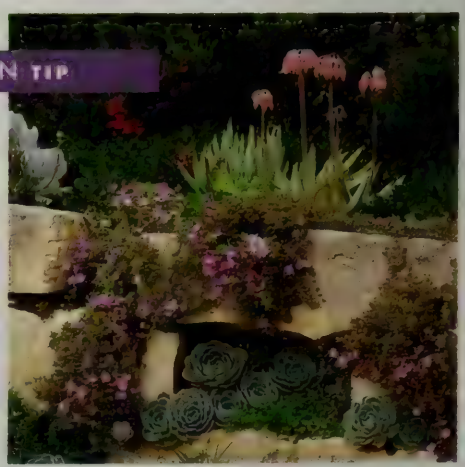
We'll latch onto any excuse to plant a dogwood or three. But here's a dogwood shrub with so much to commend it that we can't think of a reason every gardener shouldn't plant at least one. For starters, there's the exquisite variegation. And when winter descends and you lose most of the color in your yard, *Cornus alba* (or *elegantissima* or *sericea*) Variegata shows off its red-red stems. The leaves of the variety Silver and Gold are a little showier, but the twigs are yellow. The two cultivars make a nice combination, especially mixed with other shrubby dogwoods.

TEST GARDEN TIP

The Hole-in-the-Wall Gang

If you are building a stone wall, you'll want to plant some spillers and fillers in the crevices to break up the mass. Do this *while* you are building the wall. William and Nina Anderson went so far as to leave a few holes in the limestone retaining wall of their Tiburon, California, garden (*right*) so that they could use the spaces as "planters." Even near the often-foggy San Francisco Bay, stone walls absorb warmth, so the Andersons inserted heat-resistant plants, mostly succulents such as this nicely framed *Echeveria* × *imbricata*, or hens-and-chickens.

continued on page 93




Campbell's
CONDENSED SOUP
NEW LABEL SAME GREAT SOUP!
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NEW LABEL SAME GREAT SOUP!
CREAM OF POTATO
GREAT SOUP & GREAT FOR COOKING

CREAM OF CELERY
CHICKEN SUPREME



- tbsp. vegetable oil
- skinless, boneless chicken breast halves
- can Campbell's® Cream of Celery Soup
- 1/2 cup milk
- 1/8 tsp. pepper
- 4 cups hot cooked rice

1. In skillet over medium-high heat, heat oil. Cook chicken 10 min. or until browned. Set chicken aside. Pour off fat.
2. Add soup, milk and pepper. Heat to a boil. Return chicken to pan. Cover and cook over low heat 5 min. or until chicken is done. Serve with rice. Serves 4.

CHICKEN BROTH
SKILLET CHICKEN & RICE



- tbsp. vegetable oil
- 4 skinless, boneless chicken breast halves
- 1 can Campbell's® Condensed Chicken Broth
- 3/4 cup water
- 1/2 tsp. dried basil leaves, crushed
- 1/2 tsp. garlic powder
- 3/4 cup uncooked regular long-grain white rice
- 2 cups fresh or frozen broccoli flowerets
- Paprika

1. In skillet over medium-high heat, heat oil. Cook chicken 10 min. or until browned. Set chicken aside. Pour off fat.
2. Add broth, water, basil and garlic powder. Heat to a boil. Stir in rice. Cover and cook over low heat 5 min.
3. Stir in broccoli. Place chicken on rice mixture. Sprinkle with paprika. Cover and cook 15 min. or until chicken and rice are done. Serves 4.

BEEF BROTH
BEEF STIR-FRY



- lb. boneless beef sirloin or top round steak, 3/4" thick
- 2 tbsp. cornstarch
- 1 can Campbell's® Condensed Beef Broth
- 2 tbsp. soy sauce
- 2 tbsp. vegetable oil
- 3 cups cut-up vegetables*
- 1/4 tsp. garlic powder
- 4 cups hot cooked rice

1. Slice beef into very thin strips. Mix cornstarch, broth and soy until smooth. Set aside.
2. In skillet over medium-high heat, heat *half* the oil. Add beef in 2 batches and stir-fry until browned. Set beef aside.
3. Add remaining oil. Add vegetables and garlic powder and stir-fry over medium heat until tender-crisp.
4. Stir cornstarch mixture and add. Cook until mixture boils and thickens, stirring constantly. Return beef to pan. Heat through. Serve over rice. Serves 4.

*Use a combination of broccoli, carrots and green or red pepper.

CREAM OF CHICKEN
CHICKEN & RICE DINNER



- tbsp. vegetable oil
- 4 skinless, boneless chicken breast halves
- 1 can Campbell's® Cream of Chicken Soup
- 1 1/3 cups water
- 1/4 tsp. paprika
- 1/4 tsp. pepper
- 1 cup uncooked instant rice
- 2 cups fresh or thawed frozen broccoli flowerets

1. In medium skillet over medium-high heat, heat oil. Add chicken and cook 10 min. or until browned. Set chicken aside. Pour off fat.
2. Add soup, water, paprika and pepper. Heat to a boil.
3. Stir in rice and broccoli. Place chicken on rice mixture. Reduce heat to low. Cover and cook 5 min. or until chicken is no longer pink. Serves 4.

RIGHT HERE.

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CHEDDAR CHEESE
CHEESY BROCCOLI POTATO TOPPER



- 1 can Campbell's® Cheddar Cheese Soup
- 4 large hot baked potatoes, split
- 1 cup cooked broccoli flowerets

1. Stir soup in can until soup is smooth.
2. Place hot baked potatoes on microwave-safe plate. Carefully fluff up potatoes with fork.
3. Top each potato with broccoli. Spoon soup over potatoes. Microwave on HIGH 4 min. or until hot. Serves 4.

CREAM OF POTATO
EASY CHICKEN POT PIE



- 1 cup cubed cooked chicken
- 1 cup frozen mixed vegetables, thawed
- 1 can Campbell's® Cream of Potato Soup
- 1/8 tsp. pepper
- 3/4 cup milk
- 1 egg
- 1 cup Bisquick® Baking Mix

1. Preheat oven to 400°F. In 9" pie plate mix chicken, vegetables, soup, pepper and *1/4 cup* milk.
2. Mix remaining milk, egg and baking mix. Pour over chicken mixture. Bake 30 min. or until golden. Serves 4.

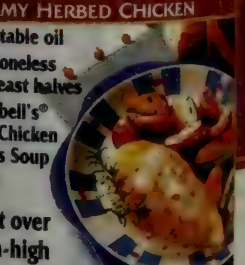
CREAM OF MUSHROOM WITH ROASTED GARLIC
CREAMY MUSHROOM-GARLIC CHICKEN



- tbsp. vegetable oil
- 4 skinless, boneless chicken breast halves
- 1 can Campbell's® Cream of Mushroom with Roasted Garlic Soup
- 1/2 cup milk

1. In skillet over medium-high heat, heat oil. Cook chicken 10 min. or until browned. Set chicken aside. Pour off fat.
2. Add soup and milk. Heat to a boil. Return chicken to pan. Cover and cook over low heat 5 min. or until chicken is done. Serves 4.

CREAM OF CHICKEN WITH HERBS
CREAMY HERBED CHICKEN



- tbsp. vegetable oil
- 4 skinless, boneless chicken breast halves
- 1 can Campbell's® Cream of Chicken with Herbs Soup
- 1/2 cup milk

1. In skillet over medium-high heat, heat oil. Cook chicken 10 min. or until browned. Set aside. Pour off fat.
2. Add soup and milk. Heat to a boil. Return chicken to pan. Cover and cook over low heat 5 min. or until chicken is done. Serves 4.

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SMART GARDENING

Forcing for Free Flowers

The branches of flowering trees and shrubs can be made to bloom indoors, bringing color inside on winter's dull gray days. *BH&G®* Test Gardener Andy Rocchia brightens his house with forsythia (*pictured*), flowering quince, cherry, apple, plum, witch hazel, and camellia. Prune branches after at least six weeks of dormancy; strip, score, or quarter the cut ends; and place in water. Two or three weeks later you'll have a roomful of blooms. Andy says these forced flowers do best near a window and away from heat sources. Another tip: Prune back forsythia branches in summer to make for denser winter blossoming.





Andy sometimes augments forced forsythia with lilacs and dogwoods, "but that's advanced-level forcing," he says. "You need to crush the cut ends with a mallet."



LOOKING GOOD

Deep Purple Dreams

Bold strokes can be risky, but when they succeed (sigh) you feel like the wizard of ahs. This rich tapestry (*left*) nearly defies logic: Purple mixed with orange, yellow, and red? Somehow—here—it works, probably because of the way the red dahlia provides transition between hot and cool colors.

The planting proceeds like this (*front to back*): 1) Salvia Indigo Spires, 2) Tagetes patula Jolly Jesters, 3) Dahlia Bishop of Llandaff, 4) Canna Pretoria, and 5) Helianthus Lemon Queen. Paint by numbers, anyone?

Buying information, page 55

SPECIAL OFFER

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home for the holidays



As Christmas dawns, there's no better place to be than home.



Betsy Cameron's career has taken her all over the globe. But no matter how far she traveled, one thing was constant: "I was always home for Christmas." Now the working mother of three children, Betsy is even more adamant about making the day special for her family. Here's how she mixes tradition with her own romantic style.



Cameron, 14, and Annie, 11, open presents wrapped with finger-painted paper as dad, Sam Altstad, adds a paper spiral to the mantel's greenery garland. For wrapping paper and spiral instructions, see *page 124*.



falls during the night and makes the morning magic.

It makes sense that Betsy would be drawn to Christmas. It is, above all, a holiday for children, and "everything I do is about children," she says. Best known for her hand-painted, black-and-white photographs of angelic-looking children, her portraits grace books, calendars, and greeting cards. She also designs a line of children's furniture that looks spun from a sugarplum fantasy.

Betsy brings the same nostalgic style to her holiday celebrations. On Christmas morning, the broad front porch of the family's cedar-shingled East Hampton, New York, home is draped with yards of evergreen garland and twinkling white lights. A fresh wreath, big as a wagon wheel, graces an upstairs window. Inside, the house is filled with the exuberant artwork of young hands—hand-cut paper spirals and finger-painted gift wrap.



Betsy describes her photographs (top) as portraying an "idealistic childhood." Here, a porch swing trimmed with greenery, berries, and red ribbon is perfect for cozying up with a bear and wool blanket.





Casey ponders memories of Christmases past in a photo album covered with snowflake-embossed velvet (*left*). For instructions and a snowflake stamp kit, see *page 124.*

BH&G's 75th Anniversary Santa bear (*below*) adds Christmas cheer wherever he perches. To order a pattern for the bear and Santa suit, see *page 126.*

Christmas preparations begin at the Cameron-Alfstad house several weeks before the big day. Husband Sam and son Cameron are in charge of decorating the front porch. Daughters Annie and Casey are on "bear patrol." The two gather up their sizable collection of stuffed bears, deck them out in holiday finery, and display them on the mantel. About a week before Christmas, the family goes together to pick out the tree, then trims it with antique and family ornaments along with the kids' craft-paper creations.

Homemade wrapping papers give the family's gifts a personal touch as well but don't require special artistic talent. Remember kindergarten finger painting? These papers are just that easy—and fun. Use a stylus or your fingernail to inscribe personal messages to family and friends.



With so much going on Christmas morning, there's no time for a fussy sit-down meal or formal table settings. As soon as the gifts are opened, the whole family heads outside to sled, skate, or build a snowman. Casual fare and playful party goods, including paper lanterns and potted amaryllis (*right*), suit their high-energy style. The lanterns are a project older children can tackle on foul-weather days. Though these patterns are somewhat complex, you can simplify the idea for younger hands, with parental supervision. (For lantern pattern and instructions, see *page 126.*)



Here's an idea for a hands-on—and handsome—tablecloth. Buy paper snowflakes or cut your own from paper doilies. Scatter them over a red or green tablecloth, then top with a layer of inexpensive tulle. The tulle netting keeps the flakes from sliding off.



Twinkling paper lanterns warm a winter table.

Put on the kettle and bring



Betsy Cameron designed this hand-painted hutch in two separate pieces: The chest of drawers on the bottom can stand alone or be topped by the glass-door cabinet, shown with shirred fabric panels.



Precisely at 5 p.m., the celebration abruptly shifts gears: "It officially becomes Casey's birthday," her mother says. Understandably, 7-year-old Casey (*right, center*), who was born on Christmas Day, insists on separate festivities. With the help of a few friends, she's ready for a birthday tea party.

Betsy keeps a cache of antique clothing on hand for just such occasions. She began collecting the linen-and-lace heirlooms while traveling as a model. Later, when she started working *behind* the camera, she dressed her young subjects—including a 12-year-old Brooke Shields—in these clothes. Her romantic, ethereal style caught on, and she's been photographing children ever since.

In recent years, Betsy has expanded her focus to designing children's furniture with the same dreamy quality. In Casey's room, a set of bunk beds (*left*) has lavender curtains that conceal a hideaway nook for playing or sleeping. Snowflakes and streamers of organdy ribbon help turn the room into a winter wonderland.





Betsy found the tiny wrought iron table and chairs (*above*) on one of her antiquing forays. Dainty painted cups make young guests feel proper, indeed.



Sweet dreams can come true when stockings are hung on the bedpost with care (*below*). This one has an organdy overlay, lace cuff, and snowflake embellishments. Sewing instructions begin on *page 126*





A pile of pretty pillows (*left*) fluffs the bed in Annie's room. Sheer organdy layered over crocheted lace and appliquéd snowflakes cut from fusible interfacing give these pillows their frosted, wintry look. (For sewing instructions, see *page 128.*)

Special touches such as these make the holidays memorable for the whole family. After all, Christmas isn't just for little kids, Betsy says. "We're all children at heart."

Buying information, page 55



before



after

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can-do christmas



Warm up those glue guns and get the sewing machines humming—it's time for holiday crafting. Shortcut techniques and easy-does-it materials make these festive trims super quick, almost effortless, and utterly smashing.

by Rebecca Jerdee

wreaths stockings greenery ornaments



1. Bauble wreath
Little glass balls with wire stems often hide in the greenery of holiday swags and bouquets. Wired together in a mass, they dazzle.

2. Garden wreath
Pick flowers from the fields of silk blooms filling crafts and floral supply stores, then wire them to a box-frame wreath. When packed away carefully, the display will last for many a winter season.

3. Rose wreath
Loops of sheer ribbon sprout into elegant roses on a satin-and-organdy wreath. Wrap the ribbon tightly to form the rose's center, then shape the petals with a twist.

4. Ragbag wreath
A rotary cutter and box-frame form help this festival of fluff go together quickly. Tie the strips on latch-hook style.

5. Cherub wreath
Pairing a rustic wreath with elegant trims gives this simple display a lavish look. A papier-mâché angel stands front and center.

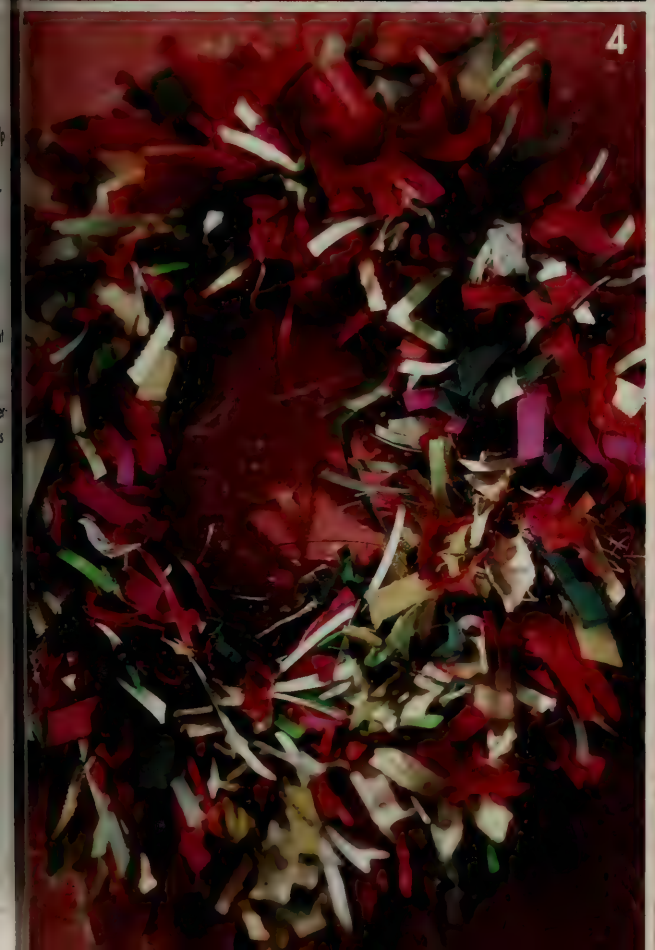
wreaths

Ribbons and roses, baubles and beads—these easy-to-find materials help shape a host of sensational wreaths. A variety of forms provide the foundations, including a single wire ring, one with four parallel wires (called a box-frame wreath), a plastic foam circle, and a pre-assembled twig wreath. The method of adding ornamentation is the same for most wreaths: wire small clusters of the decorative trims together, then tie them to the foundations.

Instructions begin on page 131


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stockings

Sock it to 'em this year with a display of unforgettable stockings. Whether fringed, star-studded, or beribboned, these stockings are sure to become the stars of your family's celebrations for years to come. Even the simple shape suggests the memories of holidays gone by and the hopes and wishes of wonderful things to come. Minimal sewing is required for these projects; dressmaker, upholstery, and crafts trims make it easy to personalize each one.

Instructions begin on page 132

1. Ribbon stocking
Sheer and satin ribbons weave together as easily as scout-camp pot holders and yield a lot more style. Tiny gold beads tacked at the intersections hold all the pieces together.

2. Star stocking
Sew up a storm and trim the aftermath with twinkling metal stars. Unlined felt is topstitched together, then the edges are pinked instead of hemmed.

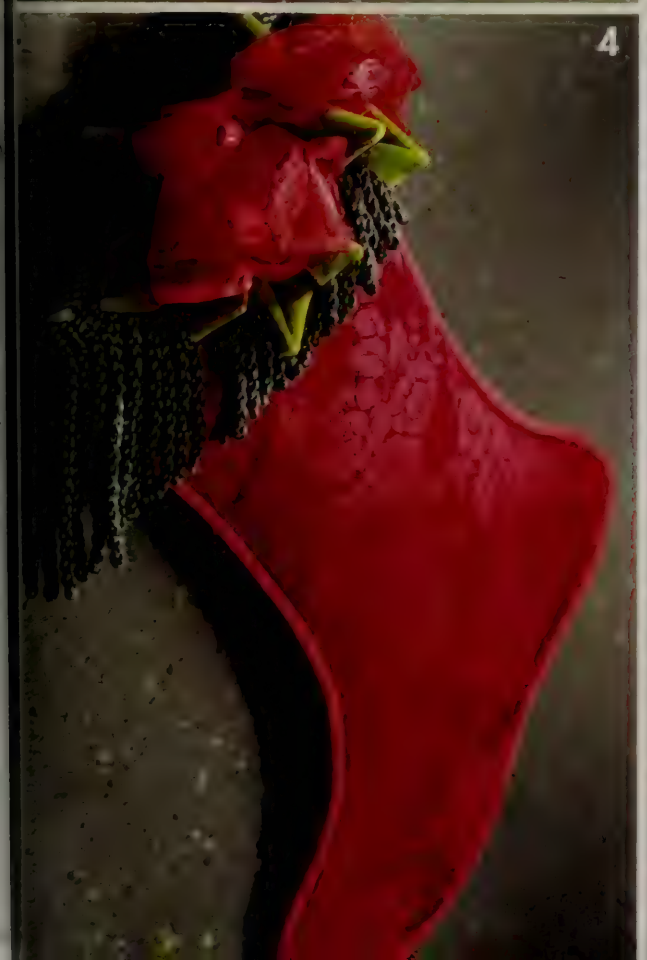
3. Fringed stocking
Wisps of coordinating ribbons trim a sleek velvet stocking. The ribbons are encased in the upper seam when the stocking and lining are joined, eliminating almost all hand sewing.

4. Damask stocking
Rich materials disguise the simplicity of this stocking. A damask body, linen piping, upholstery-fringe cuff, and organdy roses guarantee gorgeous results.

5. Basket-weave stocking
Large-mesh needlepoint canvas and inexpensive satin ribbon form the clever groundwork for a stocking that goes together in minutes.


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can-do christmas



1. Ivy topiary tree
Look for ivy with long runners and train them around a spiral-shaped topiary for an instant tabletop tree. Disguise bare spots with tiny garlands and sparkling balls.

2. Living wreath
Legend has it the straw that lined baby Jesus' manger bloomed in celebration. Let this living wreath of "manger" herbs add a mystical fragrance to your home.

3. Bay bobeche
Fresh bay leaves and a small cluster of berries make a graceful and fragrant base for a Christmas candle.

4. Serving-dish centerpiece
Silver serving dishes stacked one atop another in a pyramid shape become a tabletop tree when lined with tree trimmings and other festive greens.

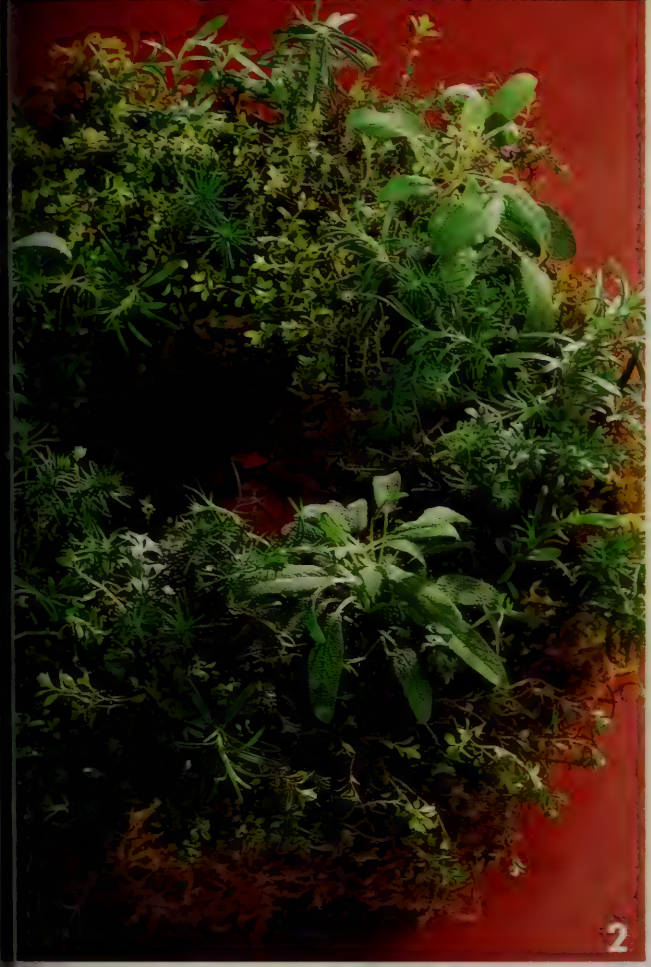
5. Kissing ball
Pin evergreen sprigs and mistletoe berries to a foam ball, then hang it from gold cord for a trim that offers a great excuse to pucker up.

greenery

Holiday greens are an essential part of Christmas decorating. We hang them, swag them, trim them, and even kiss beneath them. With the help of floral foam and a little imagination, even scraps trimmed from trees and garlands lend their beauty and scent to a corner that would be otherwise bare.

Instructions begin on page 136

DESIGN: BERRY JOHNSTON


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ornaments

Let your tree glisten with gold and gems without breaking the family budget. Inexpensive buttons, plastic and metal "jewels," small hanks of magnificent ribbons, and a spritz or two of gold paint reap rewards that only look costly. Check crafts stores for bulk-packaged materials and ribbons sold by the bolt, instead of the yard, for the greatest savings. Put your projects together assembly-line style all on your own or as a group project—they're great for Sunday school classes and holiday bazaars.

Instructions begin on page 138. Buying information, page 55

1. Button wreath and jeweled-nut garland
For a tree that twinkles with holiday magic, string jewelry chains with gold-painted nuts and shiny "gems," then add button-wreath ornaments (*left*).

2. Spiral ribbon tree
Two layers of ribbon spiral around wire that's twisted into a tree shape. Add a sprinkling of dancing charms for an ornament brimming with wit and bounce.

3. Ruffled circle
Pack gold-edged ribbon into a ring for a perky package or tree trim. Use ribbons garnished with metallic bands, glitter, or wire for the most stunning results.

4. Button badge
Vintage buttons and ribbons—or those that just look old—come together in a trim that's perfect for packages, trees, wreaths, or even clothing.

5. Cinnamon frame
Use cinnamon sticks to frame sentimental sayings from spent Christmas cards or computer-generated good wishes.


2


3




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let heaven and nature sing

by Candace Ord Manroe



Many find joy in the snowy world beyond a frosted window. Designer and author Tricia Foley sees winter's beauty and lets it inspire her holiday landscape indoors. In her New York home, decorating takes on a simple, natural glow. When friends and family arrive for the season's party, her home is lit up like the starry hosts. Yet, only a single strand of store-bought twinkle lights can be found. Instead, Tricia finds holiday shine in the glamorous glow of candles and a shimmering palette of silver and white. Her home's holiday revelry includes the mantel (*above*) where polished silver, fresh-clipped greens, and sparkling glass unite in a chorus of texture and gleam.



Candles, used lavishly, illuminate her holiday setting. "Candles are affordable and set the holiday mood," Tricia says, "because they aren't something you use everyday." She selects simple votives from the grocery store and tucks them into greenery, wraps them in ribbon, and gathers them into a tabletop mix with traditional candlesticks.

Just as important to the winter wonderland setting is the monochromatic scheme. Even without a trace of red, there's no mistaking that Christmas is in the air. One of Tricia's favorite traditional color bearers is the glorious bounty of snow-white flowers she forces from bulbs, including amaryllis and paper-white narcissus.

"Christmas is a time to pull out all of your favorite things—including all the stops."

—Tricia





Tricia's winning combination of candles and white flowers (*far left*) transforms an everyday table into one with seasonal wonder. Gifts decoratively wrapped in silver and white become accessories. When the table is set (*above*), she makes magic by sandwiching star confetti between two clear plates and adding stick-on stars to fabric.

Shiny ball ornaments heaped into a glass compote (*left*) become an instant centerpiece. Tie ribbons to the balls for a dressier look. Pearlized buttons add style to packages.

"I put everything on the buffet table, hand guests one



Like nature's outdoor scheme, Tricia's snow-and-ice motif is grounded with greenery for warmth and contrast. A large store-bought wreath, plain garland, and backyard boughs are all bound in wide silver ribbon for extra dazzle, without a lot of extra fuss. Silver ribbon also loops window sheers and



Hit high notes on your buffet with tiered stands and your best china (*above*). Nestle them among candles and greens for a lush look.

Tricia decorated simple champagne flutes with stick-on stars to announce the holidays (*left*). An aged ice bucket delivers amaryllis blossoms to lend grandeur to the festivities. The entire buffet (*right*) glimmers like a holiday-on-ice show on a silvery tablecloth.



lacy napkins into the scheme of things. "For a subtle, more sophisticated look, plan a simple palette and stick to it," she says. "I gather white and silver ribbons, paper, fabrics, and ornaments all year, then pull them all out at Christmas." Inexpensive silver lamé from the fabric store is one of her finds. Stitched into a simple party skirt, it covers a table enlarged with a plywood top.

drink, tell them they're on their own." Tricia



let heaven and nature sing

let heaven and nature sing



Tricia packs an interior window box with holiday flowering plants, using ivy as a filler (*above*). Outside, an evergreen winks with lights and draws the eye to the snowy wonderland beyond. For amaryllis and paper-white offer, see *page 140*.



Made of damask and a flurry of ribbon, a simple stocking steps right into the soft white mood (*above right*). How-to, *page 140*.



Lacy linen napkins rolled with flatware acquire a holiday attitude when tied with samplings from Tricia's collection of silver ribbons and cords. When the elegant touches are as simple as this, both the guests and the hostess can feel pampered.

At party time, the setting takes on a certain moonlight moodiness that works magic on the crowd. But the hidden bonus is, these festivities are hostess-friendly too. Even the party format—an hors d'oeuvres or dessert buffet, never a sit-down dinner—ensures that Tricia enjoys time with her guests. Thanks to an easy elegance that anyone can master, heaven and nature can sing in the city, the suburbs, or the country. ⌂

Buying information, page 55



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Home for the Holidays

continued from page 104

Finger-Paint Paper, *page 96*

Mix homemade paste and acrylic paint to make personalized, finger-painted gift wraps.

Materials: 1 cup cornstarch; 1 cup cold water; 5 cups boiling water; 1 teaspoon alum (available in the spice department of grocery stores); 1 tablespoon liquid dish detergent; assorted papers such as kraft paper, finger-paint paper, butcher paper, and plain wrapping paper; objects for texturing paint, such as combs, hair picks, notched credit cards, brushes, and chopsticks; paint roller and pan or wide paintbrushes; acrylic paints from crafts store; disposable containers and spoons for mixing.

Instructions: To mix paste, dissolve cornstarch in 1 cup cold water. Slowly add to 5 cups boiling water, stirring until thickened. Add alum and detergent and beat thoroughly. If necessary, blend in food processor or blender to remove lumps. The paste can be stored in your refrigerator for six months.

To color the paste, mix acrylic paint in 1 cup paste until desired color is achieved. Spread an even coat of paint onto paper. Comb through paste or use other items to create patterns, write names, or make designs. Paste also may be sponged onto paper. Let paste dry to the touch before wrapping gifts.

Spiral Garland and Ornament, *page 96*

Materials: 140-pound watercolor paper; scissors, pencil; 4-inch circle template; 2-inch circle template; ruler; white glue; needle; thread.

Instructions: Finished size approximately 2 feet for one pair of 4-inch spirals glued into garland.

For each garland section, cut paper into a 4-inch square. Trace a 4-inch circle onto the square. Cut a slit from the outer edge just into the circle. Cut around circle spiral-fashion, keeping the spiral ½ inch wide. Make another slit at ending point. Cut to round off circle at starting point. Glue two spirals together at the widest points to make an ornament with a wide center and narrow ends. To create a garland, link double spirals by the center slits.

For ornaments: Cut spirals in same manner using a 2-inch square and circle template. Hang by a thread from the center.

Embossed Snowflake Album, *page 99*

Materials: Notebook-style photo album; ½ yard cranberry velvet; ½ yard raspberry linen fabric for piping and flaps or "sleeves"; ¼-inch cording to fit the measurements of the album; batting or fusible fleece to fit the album; ½ yard each 2-inch-wide gold sheer ribbon and ½-inch-wide raspberry satin ribbon; matching threads; metallic gold fabric pen; assorted rubber snowflake stamps; an iron.

Instructions: Unless otherwise stated, sew with right sides together using ½-inch seam allowances.

Measure album cover top-to-bottom; add 1¼ inch. Measure side-to-side, including spine; add 2 inches. Cut velvet, linen, and fleece to this size. From linen, cut two strips 5 inches wide by height for inside flaps. Cover cording with 3-inch-wide bias strips cut from linen. Or purchase ready-made piping in a coordinating fabric.

To stamp velvet, place stamp rubber-side-up on flat surface. Place velvet over stamp, nap-side-down. Press medium-hot iron to stamp for 10 to 15 seconds. Do not overheat stamp or slide iron. Allow stamp to cool. Repeat until all velvet is "branded." If heat loosens stamp from block, re-glue using heat-resistant nonflammable glue.

Baste or fuse fleece to wrong side of linen. Hem one long side of flaps. Baste to matching edges of linen, with wrong side of flap facing right side of linen. Pin or baste piping to seam line. Baste satin ribbon, then sheer ribbon to top center of velvet. Pin or baste velvet to linen. Sew, leaving an opening for turning. Trim seams. Turn and slipstitch opening closed. Slip flaps over notebook. Personalize satin ribbon with a metallic pen.



SNOWFLAKE STAMP SET OFFER

To help you duplicate the Embossed Snowflake Album project shown on *page 99*, we are offering a **Snowflake Rubber Stamp Set** that includes the designs we used. One stamp is about 3 inches in diameter; the other is slightly smaller. Both are from Rubber Stampede. The price of the set is $26.95, which includes shipping, handling, and applicable sales tax.

TO ORDER, send a check or money order for $26.95 to *Better Homes and Gardens*® Reader Shopping Service, Dept. 9712, Box 9128, Des Moines, IA 50306-9128. Mastercard, Visa, and American Express card users may call toll free 800/881-4066.

continued on page 126

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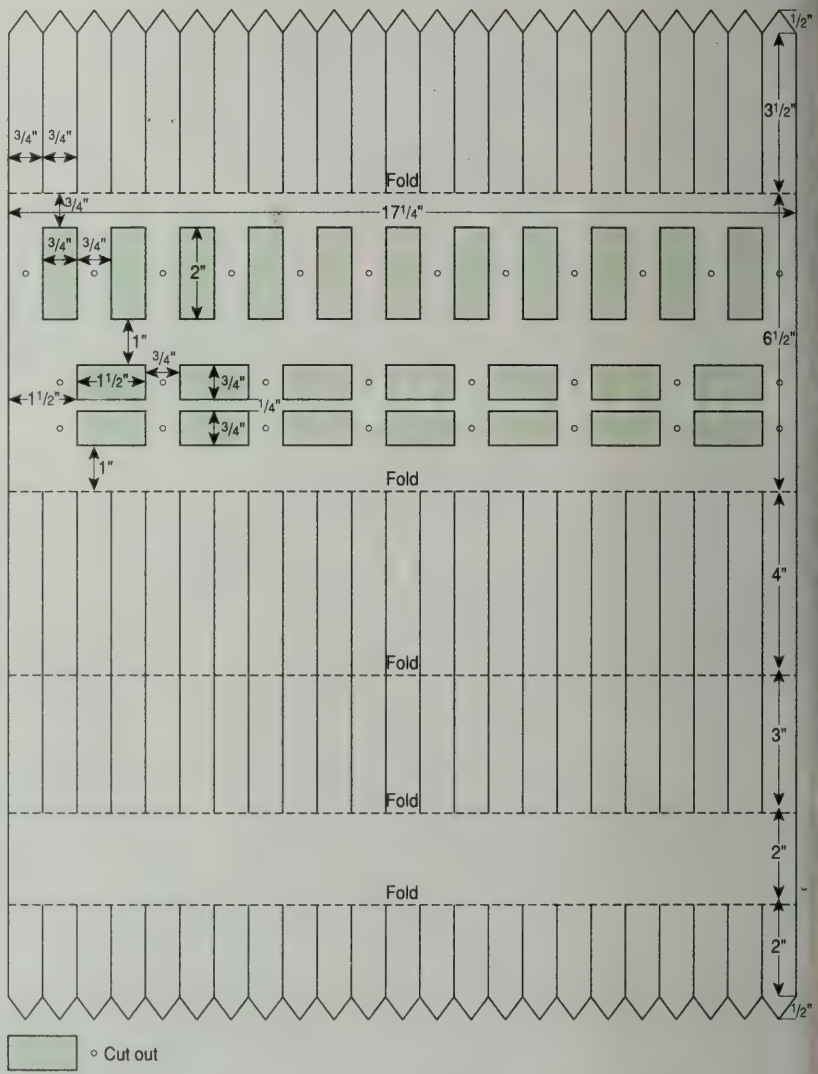
This *is* RICE.

continued from page 124

Paper Lanterns, *page 100*

Materials: 17¼×22-inch piece 140-pound watercolor paper; crafts knife; scissors; paper punch; ruler; pencil; hurricane lantern; candle.

Instructions: Our finished size approximately 22 inches. Enlarge pattern (*right*) to scale, 415 percent, onto white paper. (Enlarging will require several passes on copier. This may be done at a printer's shop.) Or, cut paper the circumference of your lantern plus 1 inch by the height of the lantern plus 7 inches, size pattern to fit, and transfer to paper. Cut open solid lines; fold on dashes. Cut out the rectangular windows. Punch holes at the dots. Curl the top and bottom strips with a pencil. Wrap paper into a cylinder shape and fasten it with staples or double-stick tape. Slip over hurricane lantern. Place a candle inside the lantern.



75TH ANNIVERSARY SANTA BEAR PATTERN OFFER

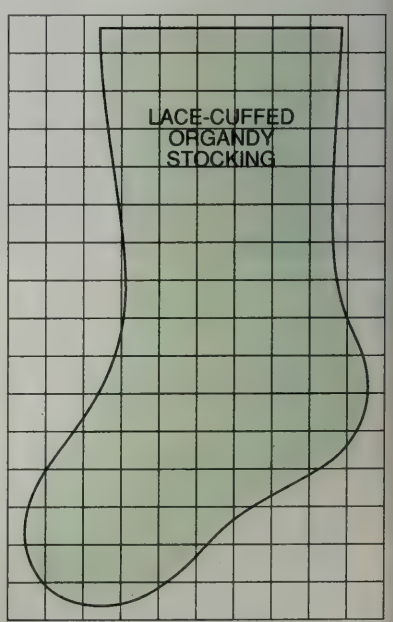
Our **75th Anniversary Santa Bear** shown on *page 99* is soft and snuggly, and you can make him yourself from a pattern available exclusively from the pages of *Better Homes and Gardens*® magazine. Not sold in stores, the pattern packet includes a color photo of the project; full-size pattern pieces for the bear body and all of his clothing; step-by-step instructions; fabric selection tips; trimming, accessorizing, and embellishing ideas; and general doll-making hints. The price of the pattern is $14.95, which includes shipping, handling, and applicable sales tax.

TO ORDER, send a check or money order for $14.95 to *Better Homes and Gardens* Reader Shopping Service, Dept. 9712, Box 9128, Des Moines, IA 50306-9128. Mastercard, Visa, or American Express card users may call 800/881-4066.



Lace-Cuffed Organdy Stocking, *page 104*

Materials: ½ yard raspberry linen fabric; 12×18-inch piece organdy; 6×17-inch piece edged lace for cuff; matching thread; pencil; scissors.



1 Square = 1 Inch

continued on page 128


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Home for the Holidays

continued from page 126

Instructions: Finished size approximately 17 inches. Enlarge pattern (*page 126*) to scale, 480 percent. (Enlarging will require several passes on copier.) Cut a 12×18-inch piece of linen for back. Baste organdy to linen. Trace pattern to organdy. Do not cut out. Sew along line, leaving open at top.

Machine-embroider decorative edge around stocking. Trim away excess fabric.

Cut a 7×16-inch piece of linen for cuff. Machine-embroider decorative edge along one long edge. Trim excess fabric from decorative edge.

Join short ends of cuff and short ends of lace. Slip the lace over the cuff, matching raw edges and seams with right sides facing up. Gather raw edge to fit stocking; baste in place with seam at back.

Cut a 2×14-inch binding strip and a 2×6-inch hanger. Turn under ⅜ inch on long edges of hanger, then turn under again, encasing raw edges; topstitch. Pin to stocking at upper corner.

Turn under one short end and one long end of binding strip. Sew remaining long end of strip to upper edge of stocking. Folded short edge should lay under raw short



edge. Turn binding to inside of stocking and slipstitch in place, encasing all raw edges.

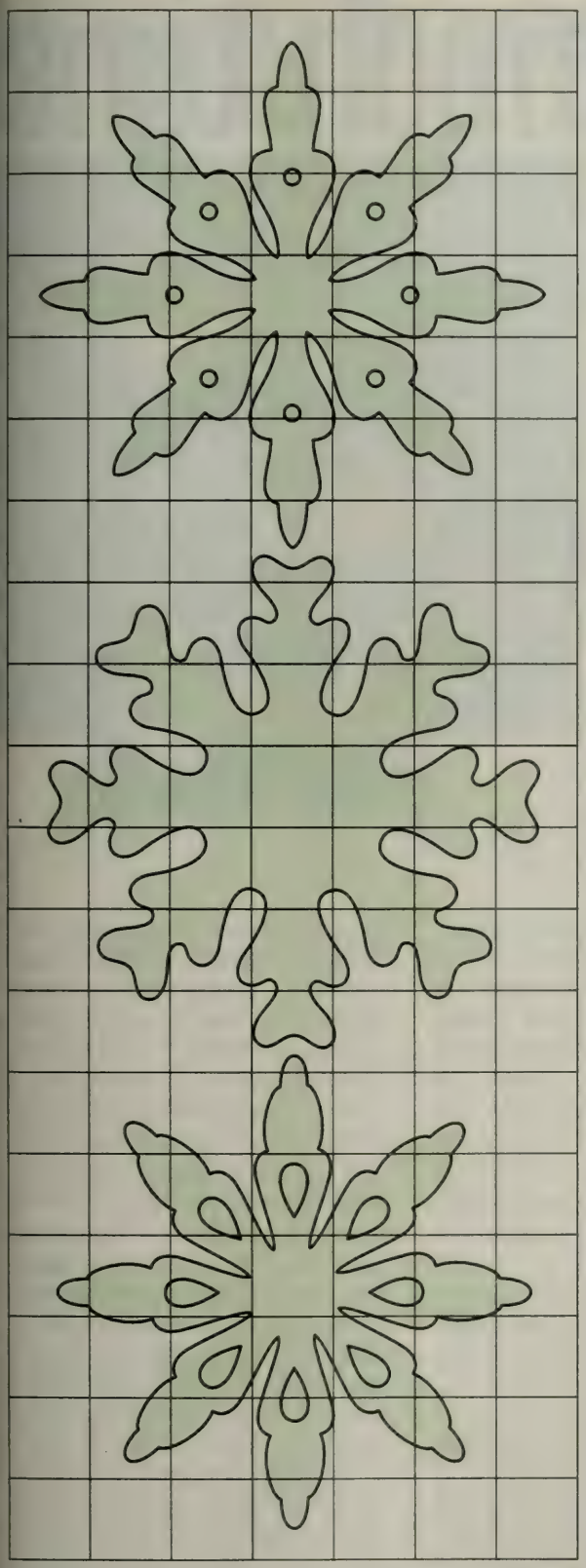
Lace Medallion Pillow, *page 104 and above*

Materials: ⅓ yard cranberry velvet; 10×13½-inch piece organdy; ½ yard 45-inch-wide netting; 6×9-inch lace medallion; 1½ yards ¼-inch cording; purchased or premade pillow form; matching thread.

Instructions: Finished size approximately 9×12 inches. Pillow size may be adjusted to fit other medallions. Unless otherwise stated, sew with right sides together using ½-inch seam allowances.

Cut 10×13½-inch pillow front and pillow back from velvet. Baste organdy to front and tack on medallion.

continued on page 129



1 Square = 1 Inch

continued on page 130

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Home for the Holidays

continued from page 129

Cover cording with velvet and baste to pillow front along seam line. Sew pillow front to pillow back, leaving an opening for turning. Trim seams and turn. Insert pillow form and sew opening closed.

Snowflake Pillow, *page 104 and page 128*

Materials: ⅓ yard raspberry linen; 10×16-inch piece of organdy; scraps of fusible white interfacing for snowflakes; three 2-inch-diameter snowflake medallions; 1½ yards ¼-inch cording; 1½-yards by 3-inch strip of fabric for cording cover; matching threads; purchased or premade pillow form.

Instructions: Finished size about 9×15 inches. Unless otherwise stated, sew with right sides together using ½-inch seam allowances.

Cut two 10×16-inch pieces of linen for the front and back. Enlarge the snowflake patterns (*page 129*) to scale, 225 percent. Trace and cut the patterns from interfacing. Fuse snowflakes to linen according to manufacturer's directions. Tack the small snowflake medallions to linen. Baste organdy over snowflakes for frosted look.

Cover the cording and assemble the pillow as for Lace Medallion Pillow (*see page 128*).

Ruffled Butterfly Pillow, *page 104 and page 128*

Materials: Two 8-inch-square pieces of lavender satin; an 8-inch-square piece of netting; a 6×56-inch piece of organdy; 1 yard ¼-inch cording; a 2×30-inch piece of white satin for cording cover; 1 yard 2-inch-wide pregathered lace; 1/16- and ⅛-inch-diameter seed beads; two slightly different butterfly lace medallions; premade or purchased pillow form; 4-inch oval template; matching thread.

Instructions: Finished size approximately 7 inches square excluding ruffle. Unless otherwise stated, sew with right sides together using ½-inch seam allowances.

Lay the netting over the pillow front; baste along the seam lines. Center the oval template on the pillow front and lightly trace. Machine satin-stitch along the traced oval with a short, tight zigzag stitch. Carefully trim the netting from inside the oval.

Center larger butterfly medallion in the oval; sew in place. Embellish with smaller seed beads. Top with the smaller butterfly, attaching along the body only. Sew larger bead at the head. Sew the remaining beads to the pillow front using the pattern in the netting as a guide.

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Can-Do Christmas

continued from page 115

Bauble Wreath, *page 108*

Materials: 10-inch single-ring wire wreath form; 70 to 80 red and pink 35 mm (approximately 1½ inch) diameter glass balls with stems attached (available at floral and crafts stores); 40 to 50 green 25 mm (approximately 1 inch) diameter glass balls with stems attached.

Instructions: Finished size approximately 12 inches diameter. Twist the stems of three to five glass balls together, forming small clusters. Wrap the stems around the wreath form. Trim away the excess stems. Continue adding clusters until the form is filled. Add individual balls to fill in any sparse spaces.

Garden Wreath, *page 108*

Materials: 12-inch box wreath form; 36 to 45 red, coral, and ivory silk flowers and berries; floral wire; wire cutters; gold spray paint.

Instructions: Finished size approximately 12 inches diameter. The wreath is constructed in three identical sections. Separate the flowers into those sections. Trim the flower stems to 2 inches. Wire small flowers and berries into small clusters. Working on all four rings of the form, attach the clusters and individual larger flowers to one-third of the wreath form with wire, packing the flowers tightly. Complete the wreath with the remaining flowers.

To mist the wreath with gold, lay it flat. Lightly pass a fine mist of gold spray paint over the wreath. Continue misting the wreath until it has the amount of gold you want.

Rose Wreath, *page 108*

Materials: 12-inch plastic foam wreath; 6 yards each of 1½-inch-wide pink satin ribbon and 4-inch-wide pink organdy ribbon; 1½-inch-wide silk organdy ribbon in the following colors and amounts for roses: 3 to 5 yards variegated pink and yellow, 2 to 3 yards burgundy; matching thread; fabric rose leaves; gold-painted dried holly leaves; hot-melt glue gun and glue sticks.

Instructions: Finished size approximately 12 inches diameter. Wrap satin ribbon around the wreath form; secure with glue. Wrap pink organdy ribbon over satin ribbon and glue in place at the back of the wreath.

For roses: To make the center, wrap ribbon tightly around a pencil 12 times. Slide the ribbon off and tack one end closed with needle and thread. Do not cut the ribbon. To make the petals, loosely twist ribbon tail into fan shapes, bringing the ribbon back to the tacked center at the end of each fan. Tack each petal in place. Continue making petals until the roses are the desired shape. Tack securely and trim ends.

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Can-Do Christmas

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Glue rose leaves to the bottom quadrant of the wreath. Add roses and holly leaves.

Ragbag Wreath, *page 108*

Materials: 12-inch box wreath form; ¼ yard each of assorted fabrics and ribbons in greens, pinks, and reds; rotary cutter, mat, and rule or scissors; size N-15 crochet hook.

Instructions: Finished size approximately 12 inches diameter. Cut fabrics and ribbons into ⅜- to ¾-inch-wide strips that each measure 8 to 9 inches long. Shape four to six strips into a loop and lay them over the two outer frame wires. Using the crochet hook, pull the strip ends to the back of the frame and up through the loop, forming a latch-hook or half-hitch knot. Pull ends tightly. Hook another set of strips on the two inner wires, then the two center wires.

Repeat hooking around the wreath form in the same manner. Trim the ends to a uniform length.

Cherub Wreath, *page 108*

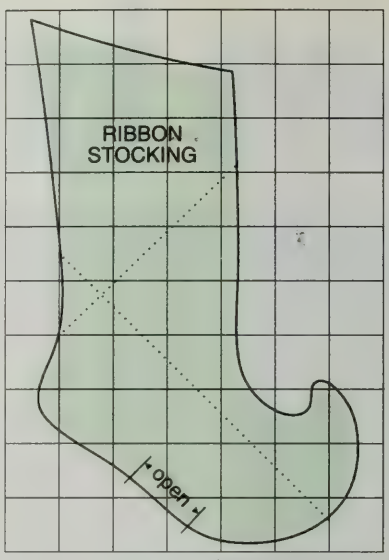
Materials: 18-inch twig wreath; 3 yards each of the following: metallic gold braid, heavy gold thread, gold bead garland, 3-inch-wide ecru silk organdy ribbon, and 1-inch-wide gold and white striped ribbon; 1½ yards each olive silk organdy ribbon and olive satin ribbon for bow; purchased papier-mâché cherub; gold metallic spray paint; floral wire; hot-melt glue gun and glue sticks.

Instructions: Finished size approximately 18 inches diameter. Spray-paint cherub; set aside to dry.

Wrap and drape gold cord, thread, and garland around the wreath; secure with wire and glue. Glue the cherub to lower left of wreath. Wind ribbons around and through the wreath and previous trims. Make and attach a bow to the cherub.

Ribbon Stocking, *page 110*

Materials: 10 yards assorted satin and sheer red ribbons in 1- to 1½-inch widths; ribbon for hanger; 2 yards 1- to 1½-inch-wide ribbon for cuff, cut into 8-inch lengths; 45-inch-wide fabric in the following amounts: ½ yard muslin for front, ¾ yard red for lining and back, ½ yard fusible fleece; fabric-basting glue stick; one package 2 mm gold beads.



1 Square = 2 Inches

Instructions: Finished size approximately 18 inches. Fuse fleece to the wrong side of the muslin. Enlarge the pattern (*above*) to scale, 685 percent. (Enlarging will require several passes on copier.) Transfer the pattern to the muslin, including diagonal placement lines. Do not cut out. Cut out one back piece and two lining pieces, adding ½-inch seam allowances. Set aside.

Apply glue stick to the outside edge of the muslin front. Lay ribbon along one diagonal line and press into glue outline. Repeat, butting second ribbon to first. Continue aligning ribbons until the front is covered in one direction. Using the remaining diagonal line as a guide, weave a ribbon through the stocking front. Apply glue to the edge as needed. Keep weaving and aligning ribbons until entire front is covered.

Hand-baste around the edge just beyond the seam line. Sew a gold bead to each intersecting point. Cut out the stocking front, adding ½-inch seam allowances.

For the ribbon cuff, match the raw edges of the ribbon to the raw upper edge of the stocking; baste in place, overlapping ribbons slightly. Fold the ribbon hanger in half and tack to the upper corner.

General stocking assembly: Sew stocking front to back, right sides together, keeping the ribbon fringe and hanger free and leaving the top edge open. Clip the curves. Turn the stocking to the right side.

Sew the lining front to the lining back, leaving the top edge and lower marked section open. Clip the curves. Do not turn. Slip the stocking into the lining, right sides together. Sew around the upper edge of the cuff. Turn to the right side. Slipstitch the opening closed. Tuck the lining to the inside.



1 Square = 1 Inch

Star Stocking, *page 110*

Materials: ½ yard red wool felt; metallic green thread; 20 to 30 small and large silver star nail heads; pinking shears or rotary cutter with pinking blade and mat.

Instructions: Finished size approximately 16 inches. Enlarge the pattern (*above*) to scale, 554 percent. (Enlarging will require several passes

continued on page 134







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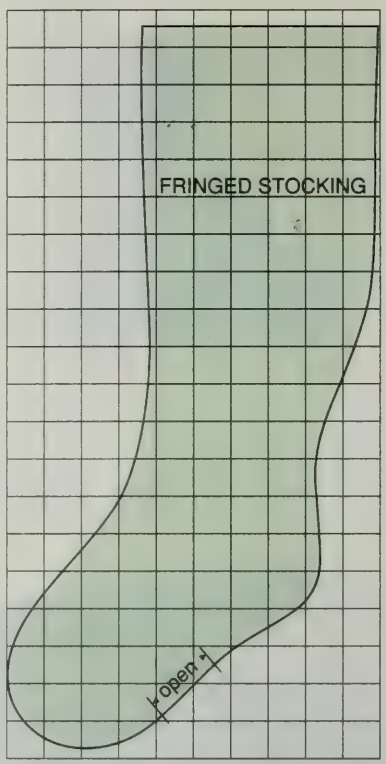
continued from page 132

on copier.) Cut out two stockings with regular shears following the pattern. Note: If your pinking shears will not cut two layers of felt, cut the individual stockings with pinking shears, and align pinked edges when sewing. Cut 1×6-inch felt hanger with pinking shears.

Attach the stars to the stocking front according to manufacturer's instructions, keeping the stars at least 1 inch from edges.

With wrong sides together, baste stocking front to back. Using a tight, narrow zigzag stitch, machine satin-stitch ¾ inch from curved edges; leave top open. Pink sewn edges.

Machine satin-stitch ¼ inch from the long edges of the hanger. Fold hanger in half and sew or glue to back of stocking.

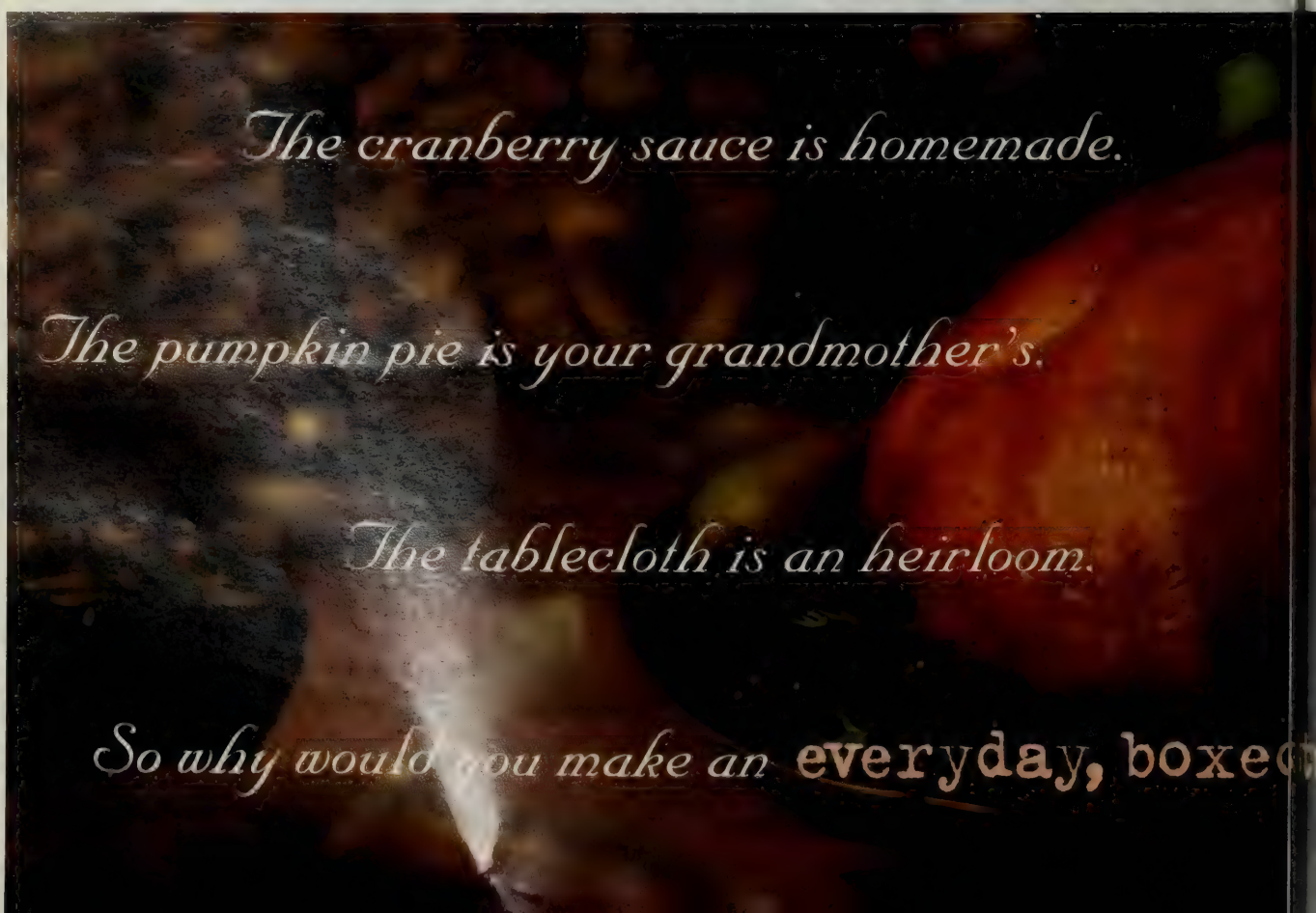


Fringed Stocking, *page 110*

Materials: ¾ yard red velvet; ¾ yard lining; 3 yards each of two coordinating green and gold organdy ribbons; 3 yards 1-inch-wide green organdy ribbon; ¾ yard ⅛-inch-wide gold ribbon; one large and two small brass star charms; fabric glue; matching thread; dressmaker's chalk.

Instructions: Finished size approximately 18 inches. Enlarge the pattern (*left*) to scale, 515 percent. (Enlarging will require several passes on copier.) With right sides of velvet facing, trace pattern to wrong side of velvet. Sew along drawn line, leaving open at top only. Trim seams and clip curves; cut along top line. Turn right side out.

Cut organdy ribbons into 8-inch lengths. Pin two layers of ribbon around top of stocking so raw edges match; baste in place. Cut gold cord into one 8-inch and two 6-inch



lengths. Slide star charm onto the cord. Fold over end and glue in place to secure charm. Baste cords to ribbon cuff.

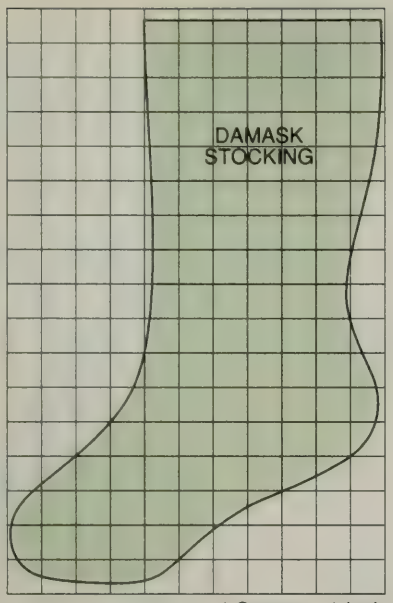
Prepare the lining in the same manner as the stocking, leaving an opening as marked at bottom. Do not turn. Assemble stocking same as for General Assembly of Ribbon Stocking (*see page 132*).

Fold the narrow gold ribbon into a loop for a hanger and sew it to the top corner. Trim the ribbon ends to varying lengths.

Damask Stocking, *page 110*

Materials: ½ yard red damask; ½ yard fusible fleece; ½ yard coral linen for piping; 1½ yards 14-inch-wide cording; ¾ yard fringe; 4 to 6 yards red organdy for roses; 1¼ yards 1-inch-wide green velvet ribbon for leaves; matching thread; hot-melt glue gun and glue sticks.

Instructions: Finished size approximately 18 inches. Enlarge the pattern (*above*) to scale, 515 percent. (Enlarging will require several passes on copier.) Cut a 3×6-inch hanger from the damask fabric; set aside.



1 Square = 1 Inch

Cut the damask and fleece into two 18-inch-wide pieces. Pin the fleece to the wrong side of damask, leaving 2 inches of damask exposed at one end of each piece; this will form the hemmed edge. Fuse the fleece to the damask. Cut out the stocking front and stocking back, adding a ½-inch seam allowance.

Fold the raw top edge under ½ inch. Fold under 1½ inches again, folding along the fleece line. Topstitch in place.

Cover cording with 2-inch-wide bias-cut strips of linen, piecing as needed. Hand-tack one end of the piping closed and align it with the top edge of the stocking. Sew the cording to the stocking along the seam line. Trim the piping at the other end and hand-tack closed.

Sew the stocking front to the stocking back along the seam line. Sew fringe around the upper edge.

continued on page 136

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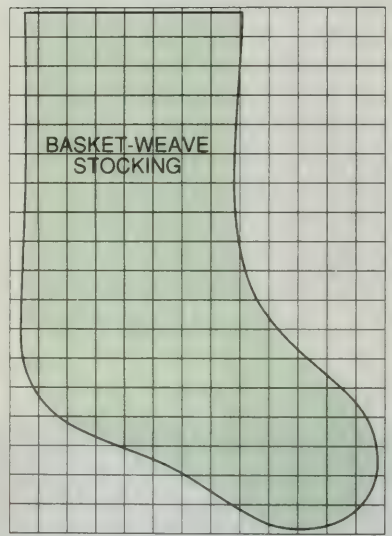
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continued from page 135

Fold under ½ inch on long edges of hanger strip. Fold strip in half and tack to back of stocking.

Make two ribbon roses the same as for Rose Wreath (*see page 131*). For leaves, cut velvet ribbon to 4 inches. Fold the strip in half crosswise. Sew



from one corner down to the center of the other side, forming a diagonal line. Trim excess and open out the leaf. Tack or glue leaves and roses to cuff of stocking.

Basket-Weave Stocking, *page 110*

Materials: ½ yard large-mesh (quickpoint) needlepoint canvas (4 holes per inch); ½ yard green fabric for backing and piping; 1½ yard ½-inch cording; ¾ yard trim or fringe for cuff; 22 total yards ¼-inch-wide single-face satin ribbon in forest green, mint green, sage green, celery green, pastel green, soft pine, and pale peach; 1 bottle coordinating green acrylic crafts paint; 1-inch-wide artist's brush; large-eye tapestry or quickpoint needle; hot-melt glue gun and glue sticks.

Instructions: Finished size approximately 18 inches. Enlarge pattern (*left*) to scale, 600 percent. (Enlarging will require several passes on copier.) Soak canvas in warm water to remove sizing. Wring out and dry flat. Cut stocking back, adding 2 inches at top for cuff and ¾-inch seam allowances. Set aside.

Align top of canvas selvage with top of pattern. Cut out stocking, adding seam allowances to other edges. Dilute paint with equal amount of water. Press canvas flat and paint thoroughly. Press again when dry.

Cut ribbons to 12-inch lengths. Begin weaving in the first row of holes below the selvage. Beginning at the right side of the stocking, weave the ribbons through the canvas in the following manner:

Row 1: over 5, under 1, over 5, under 1, etc.

Row 2: over 4, under 1, over 5, under 1, etc.

Row 3: over 3, under 1, over 5, under 1, etc.

Remaining rows: The exposed canvas thread should shift one to the left on each row, creating a diagonal pattern. Weave entire stocking front in this manner so canvas is covered except for single exposed threads.

Sew around stocking to secure ribbons. Trim excess ribbon.

Cover cording with 3-inch-wide bias strips, piecing as needed. Hand-tack one end of piping closed and align with top edge of stocking. Sew cording to stocking along seam line. Trim piping at other end and hand-tack closed.

Hem top edge of stocking back. Turn under again to fit stocking front. Sew stocking front to back along seam line. Trim seam allowances and turn to right side. Sew or glue 6-inch ribbon to upper corner for hanging. Sew trim or fringe around upper edge. Tie double layer of organdy ribbon into a bow and tack to cuff.

Living Wreath, *page 112*

Materials: Box wreath form; sphagnum moss; floral oasis; potted herbs such as bedstraw, thyme, lavender, rosemary, and sage; additional herbs and plants for contrast, such as artemisia; fresh herb clippings; dried herbs; wire.

Instructions: Line wreath form with moss. Cut oasis bricks to fit inside wreath form. Soak oasis and press into form. Arrange potted herbs in form. Fill in gaps with clippings, dried herbs, and moss. Use wire to secure plants and moss as needed. Mist occasionally to keep fresh and release herbs' fragrance.

Bay Bobeche, *page 112*

Materials: Fresh bay, salal (lemon), or other leaves; 18-gauge wire slightly longer than candle's diameter; 18 inches of 22-gauge floral wire.

Instructions: Form the 18-gauge wire into a circle slightly larger than the candle; twist the ends together. Run the 22-gauge wire through the stem end of one leaf and attach it to the wire circle. Without cutting the wire, add more leaves, overlapping them slightly. When the circle is completely covered, twist the ends together and trim. Place the candle inside the ring.

Serving-Dish Centerpiece, *page 112*

Materials: Various silver serving pieces such as tiered plates, bowls, trays, and candy dishes; floral wax; floral oasis; assorted greenery; holly with berries; ½ yard ribbon.

Instructions: Stack the silver serving pieces to form a pyramid shape, using upside-down bowls to separate layers and achieve height. Hold the layers in place with floral wax. (Do not leave the wax on the silver surface for an extended period of time.)

Cut oasis to fit around the core of each layer. Hold in place with floral wax. Dampen oasis and insert greenery, forming a tree shape. Add holly and ribbon.

Kissing Ball, *page 112*

Materials: 6-inch plastic foam ball; berried juniper branches; mistletoe; U-shaped floral pins (or S pins);

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continued from page 136

1 yard gold cord; gold tassel.

Instructions: Finished size approximately 7 inches. Cut juniper branches to measure 3 to 4 inches in length. Fasten these branches to the ball with U-shaped pins, covering the ball completely and concealing the pins as much as possible. Add small sprigs of mistletoe. Wrap the ball with gold cord, tying it at the top and forming a loop for hanging. Pin a tassel to the bottom. Use additional U-shaped pins or small straight pins to hold the cord and tassel in place. Mist occasionally to freshen greens.

Button Wreath, *page 114*

Materials: 3-inch-diameter gold plastic ring; assorted shank-style brass-color buttons; wire cutters; hot-melt glue gun and glue sticks or epoxy; 9 inches gold cord for hanger.

Note: 3-inch diameter cardboard or wooden ring painted gold may be substituted for plastic ring.

Materials: Finished size is approximately 3 inches. Cut shanks from the buttons. Tie a gold cord around the ring to form a hanger. Center and glue the largest buttons to the front of the ring. Add rows of smaller buttons. Fill with tiny buttons.

Jeweled-Nut Garland, *page 114*

Materials for each section: 9 inches ⅛-inch braided gold cord; 8 inches 1/16-inch gold cord; 4 lace-end crimps; 2 gold split rings; three gold bell caps; ten 4 mm gold beads; two 6 mm silver beads; eight 6 mm crystal beads; four 12 mm crystal beads; two 12 mm gold jingle bells; one each walnut, almond, and hazelnut; epoxy adhesive; metallic gold spray paint; scissors; needle-nose pliers.

Instructions: Finished size approximately 18 inches per section. Spray paint nuts. When the paint is dry, glue bell caps to the nuts.

Press a lace-end crimp over each end of braided gold cord. Add split ring and another lace-end crimp to one end. Fold over narrow gold cord and crimp lace-end crimp over cord.

Thread beads onto the gold cord in the following order: gold bead, silver bead, gold bead, jingle bell, small crystal bead, large crystal bead, small crystal bead, gold bead, hazelnut, gold bead, small crystal bead, large crystal bead, small crystal bead, gold bead, walnut, gold bead, small crystal bead, large crystal bead, small crystal bead, gold bead, almond, gold bead, small crystal bead, large crystal bead, small crystal bead, jingle bell, gold bead, silver bead, gold bead. End with a lace-end crimp.

Attach additional split rings.



Spiral Ribbon Tree, *page 114*

Materials: 4 yards 2-inch-wide green silk organdy ribbon; 15 inches 14-gauge copper wire; 12 assorted small charms; matching thread; needle-nose pliers; funnel (optional).

Instructions: Cut ribbon into 2-yard lengths; lay one on top of other. Sew a channel down center by stitching two parallel lines ¼ inch apart.

Hammer or file the wire ends smooth. Bend the wire into a spiral-shaped tree. An inverted funnel can help create this shape.

Slide the wire through the channel. Bend back the wire ends to form loops. Tack charms to the ribbon.

Ruffled Circle, *page 114*

Materials: 6½ yards 1¼-inch-wide gold-edged organdy ribbon; 6 inches gold cord for hanging; 2½-inch-diameter gold crafts ring with split opening or heavy gold wire to make ring; matching thread.

Instructions: Finished size approximately 3 inches. Cut ribbon into two 3-yard lengths. Set aside excess. Lay one ribbon on top of the other, offsetting slightly. Sew a channel down the center by stitching two parallel lines ¼ inch apart.

Open out the ring slightly. Slide the ring down the channel of the ribbon, gathering the ribbon tightly. Press the ends of the ring closed.

Tie the remaining ribbon into a bow and tack to the wreath. Tie the hanger to the top.

Button Badge, *page 114*

Materials: ¼ yard each of two coordinating 1½-inch-wide wire-edged double-faced ribbons; 10 inches narrow gold braid; two 1-inch buttons; matching thread.

Instructions: Finished size will be approximately 6½ inches. With the ribbons' wrong sides together, sew one short end in a ¼-inch seam. Turn so that right sides are together and sew again on the same end, this time in a ½-inch seam that encases the first seam allowance. Center and sew a button to each side at the upper edge. Loop the narrow braid around one button and tie ends to form hanger. Trim ends into notches or points.

Cinnamon Frame, *page 114*

Materials: Old Christmas cards or printed greetings; foam-core board to fit card; crafter's cinnamon sticks; one or more colored background papers; white crafts glue; hot-melt glue gun and glue sticks; 1 yard sheer ribbon; 8-inch cord for hanger.

Instructions: Cut foam-core board and background paper slightly larger than message. Glue paper to foam-core board and message to paper, sandwiching the hanging cord between two layers.

Cut two cinnamon sticks slightly longer than the width of the foam-core board. Hot-glue the sticks to the board. Cut two more sticks longer than side measurements and glue in place.

Carefully sash and tie ribbon around joints.

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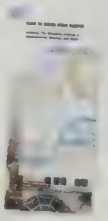
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continued from page 122



White Stocking, *page 122*

Materials: ¾ yard ivory damask; ¾ yard lining fabric; ¾ yard 1-inch-wide ivory braided cord trim or 1½ yards narrower cord trim; 5-inch cord for hanger; thread to match.

Instructions: Enlarge one of the previous stocking patterns (see *pages 126* and *132-136*) to scale or trace an existing stocking. To make the cuff pattern, trace the top 4 inches of the stocking; add ¾ inch to width for ease. Mark the short front edge to be placed on the fold; the only seam should fall at the heel edge of the stocking. Unless otherwise stated, sew with right sides together using ½-inch seam allowances.

Cut out stocking front and back, lining front and back, and cuff and cuff lining; add ½ inch seam allowances to all pieces.

Assemble stocking and lining same as for Ribbon Stocking (*page 132*).

For cuff: Join short ends of cuff; repeat for lining. Sew cuff to the cuff lining at the bottom edge; trim and turn. Sew one row of wide braid or two rows of narrow braid along lower edge of cuff. Baste lining side of cuff to right side of stocking at raw edges. Seam lines should match at heel side of stocking. Loop braid into hanger and baste to upper corner of stocking.

Finish stocking as for Ribbon Stocking (*page 132*).

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Start With Scones



A cup of java awakens you with a jolt; a strip of bacon starts you with a sizzle. But a warm, crumbly scone for breakfast gently nudges you into your day.

No time for breakfast? The quintessentially British scone is also a welcome break in the middle of the day. Falling somewhere between muffins and biscuits in texture, scones are heavenly when slathered with butter and jam. They're usually made into rounds or wedges, but this recipe treats them to a more casual drop-style preparation.

Date-Maple Drop Scones

For a special treat, beat heavy whipping cream past the stiff peak stage—but not quite to the butter stage—and spread on a scone fresh from the oven.

- 2 cups all-purpose flour
- 1 Tbsp. baking powder
- ½ tsp. crushed or ground cardamom
- ⅓ cup butter or margarine
- 1 beaten egg
- ⅓ cup maple syrup or maple-flavored syrup
- ⅓ cup half-and-half or light cream
- ½ cup snipped, pitted dates

In a mixing bowl combine flour, baking powder, and cardamom. Cut in butter or margarine till mixture resembles coarse crumbs.

In a small bowl combine egg, maple syrup, and half-and-half or light cream; stir in dates. Add the liquid mixture all at once to the dry ingredients. Stir just till the mixture clings together.

Drop scone batter mixture from a rounded tablespoon onto greased baking sheet. Bake in a 400° oven for 12 to 15 minutes or till golden. Serve warm. Makes 16 scones.

Nutrition facts per scone: 129 cal., 5 g total fat (3 g sat. fat), 25 mg chol., 114 mg sodium, 20 g carbo., 1 g fiber, and 2 g pro. Daily Values: 4% vit. A, 0% vit. C, 6% calcium, and 6% iron.

Freezer directions: Prepare scones as directed. Tightly wrap individual scones in plastic wrap; seal in airtight container. Store in freezer for up to 2 months. To reheat, unwrap scones and rewrap in foil. Heat in a 300° oven for 15 to 18 minutes or till heated through. Or, rewrap scones in a paper towel and microwave on high setting for 30 seconds per scone or till heated through. ⌂

PHOTOGRAPH: SCOTT LITTLE


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Potato Perfect

by David Feder

A little salt, a little butter, a lot of potatoes. For many of us, the potato is the perfect food—simple, yet deeply satisfying. Home-style roasted potatoes take comfort a step further when made into a gratifying soup.

Roasted Potato Soup

Roasting the potatoes gives the soup a more intense, robust flavor.

- 6 medium baking potatoes (about 2 lb.)
- 1 large onion, quartered
- 6 cloves garlic, peeled
- 2 Tbsp. butter or margarine, melted
- ¼ to ½ tsp. cracked black pepper
- 3 cups chicken broth
- 2 cups water
- 1 cup whipping cream
- Baked potato chips (optional)
- Snipped fresh sorrel (optional)

Scrub potatoes thoroughly with a brush. Pat dry with paper towels. Cut potatoes into 1-inch chunks. Place potatoes, onion, and garlic in a shallow roasting pan. Drizzle with the melted butter or margarine and sprinkle with the crushed pepper. Bake, uncovered, in a 425° oven 50 to 60 minutes or till potatoes are browned, stirring occasionally.

Transfer roasted potatoes and onion mixture to a large saucepan. Stir in chicken broth and water. Bring just to boiling; reduce heat and simmer, covered, for 20 to 25 minutes or till potatoes are very tender.

Using a potato masher, mash potato mixture till nearly smooth. Simmer, uncovered, for 15 minutes more or till slightly thickened. Stir in whipping cream and heat through. If desired, season to taste with salt and pepper. For a smoother soup, carefully blend, one-half at a time, in blender container.* Serve topped with potato chips and snipped sorrel, if desired. Makes 6 servings.

**Note:* When blending hot liquids, fill blender container only half-full. Cover tightly, leaving center slightly open to vent hot air; cover blender with a clean towel while operating.

Nutrition facts per serving: 361 cal., 19 g total fat (12 g sat. fat), 65 mg chol., 457 mg sodium, 41 g carbo., 2 g fiber, and 7 g pro. Daily Values: 21% vit. A, 41% vit. C, 5% calcium, and 15% iron.

Potato Soup Tip

Using different types of potatoes for soup yields very different results—all of them delightful. Baking potatoes provide a fluffier texture, while new potatoes give soup a smooth, velvety quality. Whatever potatoes you choose, make sure they're firm and fresh.

PHOTOGRAPH: SCOTT LITTLE

DONNA McCRACKEN RAISED A LITTLE HELL AT HER OFFICE PARTY



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No, she didn't tell her boss off. Or dance on her desk. Her cheese dip caused all the commotion. She tried something new. Instead of salsa, she added the original Ro*Tel® Diced Tomatoes and Green Chilies. And the party really took off. Not to mention the dip.

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RO*TEL CHEESE DIP

1 lb. pasteurized processed cheese spread, cut into cubes
1 can (10 oz.) RO*TEL Diced Tomatoes and Green Chilies

In saucepan combine ingredients; stir over low heat until cheese spread is melted. Serve with tortilla chips, crackers or vegetables. Makes about 3-1/2 cups dip.

MICROWAVE:

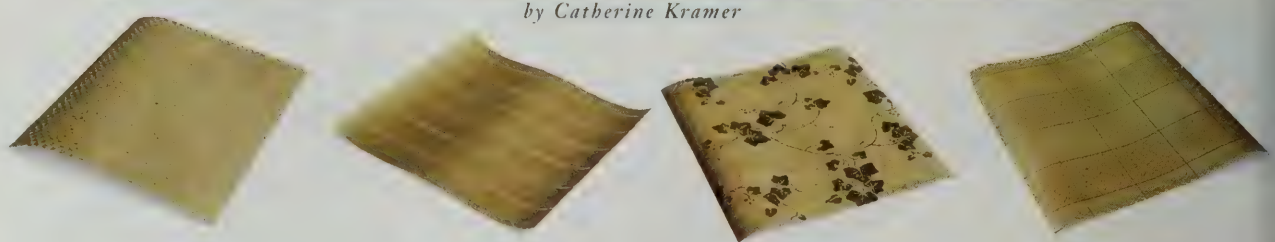
Place ingredients in a covered casserole. Microwave on HIGH until cheese spread is melted, about 5 minutes, stirring once.

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Railroaded Wallpaper

by Catherine Kramer



Just because you've found a favorite wallpaper doesn't mean it's practical to dress your room in it from top to bottom. Sometimes staying on track means getting railroaded—that is, laying the paper horizontally along the lower portion of the wall from the chair rail to the baseboard. This partial approach makes sense for several reasons.

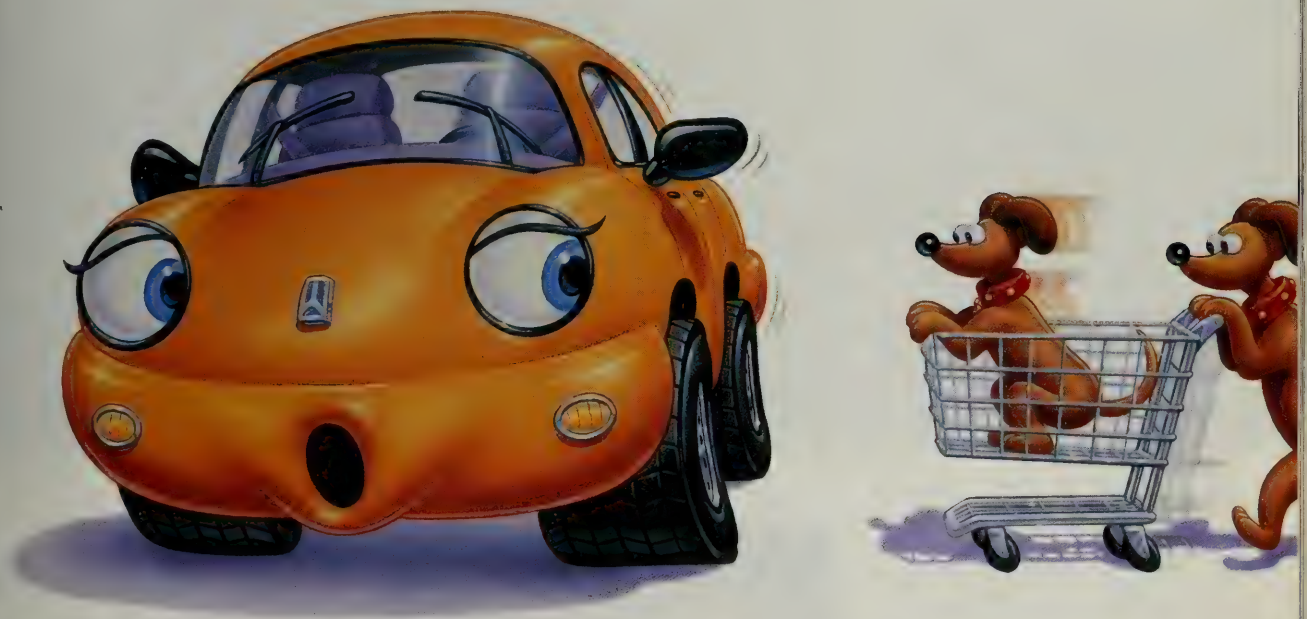
- When the paper is pricey, covering less than half the wall gives you a lot of impact for significantly less money.
- Running paper only on the lower part of the wall also allows you to use a stronger pattern or color, which might overwhelm if used to cover the entire room.
- When the paper is wide enough, application can be a snap. By turning the roll on its side and running it horizontally instead of vertically, you may be able to paper the entire width of the wainscot without seaming. But remember, paper widths vary. A 17-inch-wide paper may require nearly two widths to cover the desired space, unless you have a tall baseboard.

As a guide, the top of the chair rail should be no lower than 30 inches and no higher than 45 inches above the floor on a standard 8-foot wall. To figure the finished height of the wainscot, add the height of the baseboard, the width of the paper, and the height of the chair rail.

The best wallpaper choices for horizontal applications are textures, stripes, checks, geometrics, and twining vines. Florals that do not have a clearly defined right-side-up pattern could be applied horizontally as well.

Finally, think proportion when choosing a paper. A large-scale motif with big repeats won't get adequate play within the limited space of the lower wall.

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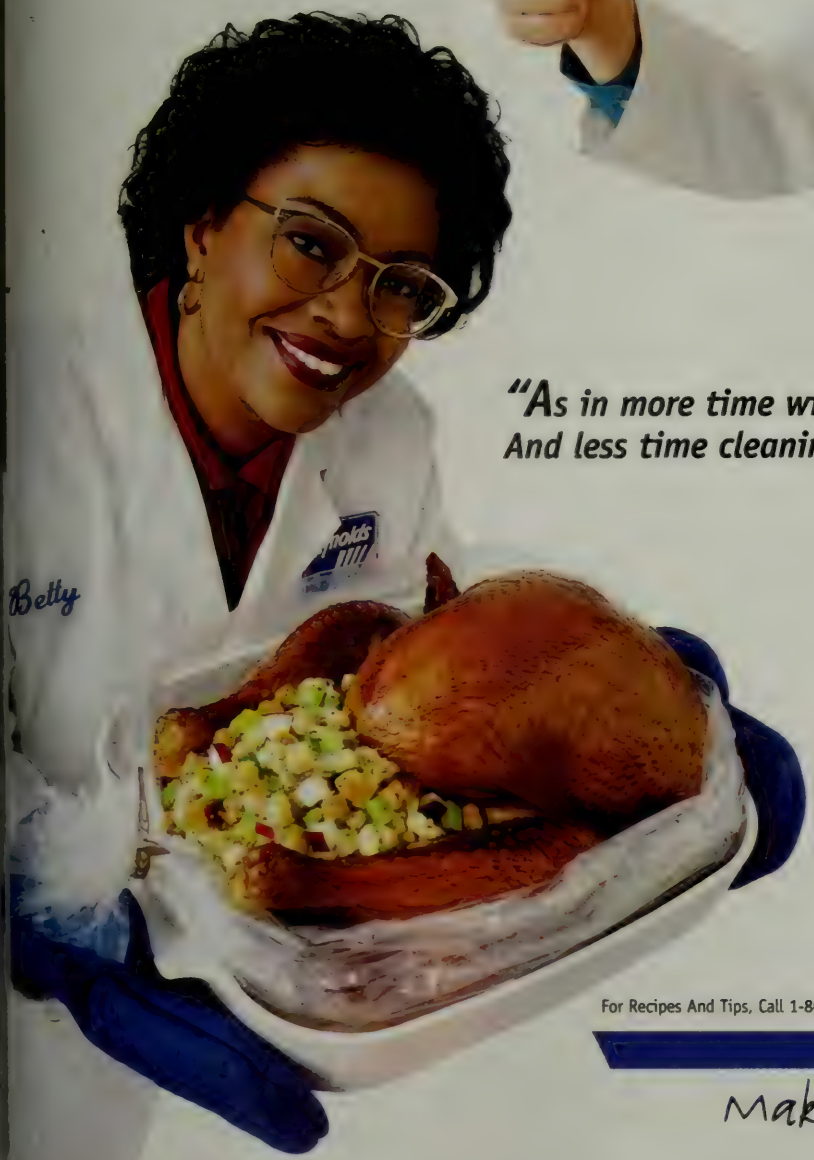
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Our Best RECIPES

Tasteful traditions

Festive holiday meals make good scents. Capture those heavenly aromas while sharing the flavors and foods of the season.



Cranberry-Pear Pi
Recipe begins on page 152

Plus Readers' Prizewinning Recipes: Holiday Breads and *Cocoa and Coffee Drinks* page 197

PHOTOGRAPHS: LAURIE BLACK. FOOD STYLIST: LYNN BLANCHARD. PROP STYLIST: NANCY HOPKINS



tasteful Traditions

Tantalizing meals, seasoned with mirth, are treasured gifts for family and friends.

by Jeanne Ambrose

Treat the tree trimmers to a satisfying soup supper that allows the cook plenty of time to join the festivities. Part of the secret is in the quick-to-fix soup base. Shortcut Olive Flatbread sprinkled with feta cheese and served fresh from the oven makes the meal more memorable.



- Shrimp-Scallop Chowder
- Curried Broccoli-Potato Soup
- Shortcut Olive Flatbread

Recipes begin on page 152



Smoked Salmon and Eggs in Puff Pastry

Gingered Fruit

Apricot-Apple Sipper

Recipes begin on page 154

The magical morning has finally arrived, and a celebration brunch keeps the mood merry. A make-ahead menu gives you and your family more time to cherish the moments.





A twist on tradition

greets your guests this year as a capon graces the dinner table in place of the typical turkey. An exceptional nut stuffing and a mélange of root vegetables also debut.







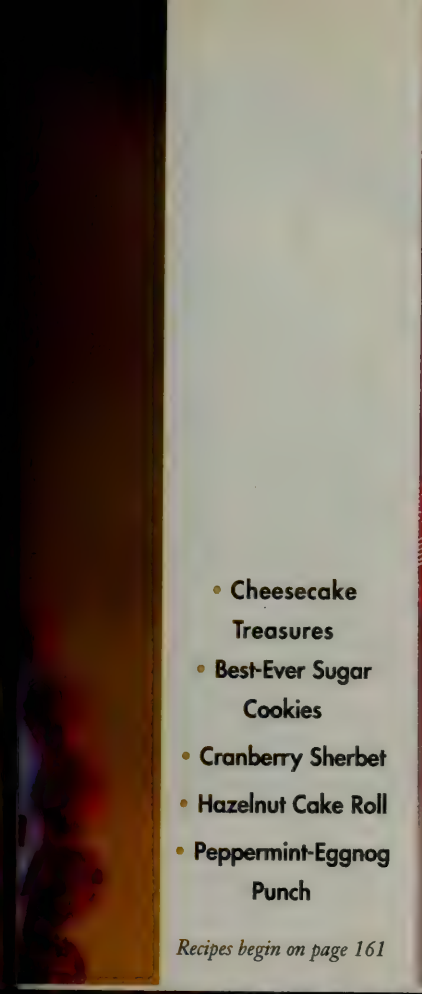


- Capon with Macadamia Nut Stuffing
- Root Vegetables and Raisins
- Crimson Greens with Papaya Seed Dressing

Recipes begin on page 158



Seasonal sweets are sure to put a twinkle in the eyes of the beholder. A tiered tray full of petite cheesecakes (*above*) creates an irresistibly edible centerpiece, while punch, cake roll, cookies, and sherbet help make your holiday hosting unforgettable.



- Cheesecake Treasures
- Best-Ever Sugar Cookies
- Cranberry Sherbet
- Hazelnut Cake Roll
- Peppermint-Eggnog Punch

Recipes begin on page 161





Buying information page 56

continued from page 151

Cranberry-Pear Pie

A sprinkling of coarse sugar on this pie's crust shimmers like glistening snow.

- 1 recipe Pastry for Double-Crust Pie
- 1 cup sugar
- ¼ cup water
- 4 cups thinly sliced, peeled, and cored pears
- 2 cups cranberries
- 3 Tbsp. cornstarch
- ¼ cup cold water
- ½ tsp. aniseed, crushed (optional)
- 1 beaten egg white
- 1 Tbsp. water
- Coarse sugar

Prepare pastry. On a lightly floured surface roll out half of the pastry into a circle about 12 inches in diameter. Transfer rolled-out pastry to a 9-inch pie plate. Cover remaining pastry; set aside.

In a large saucepan combine the 1 cup sugar and the first ¼ cup water. Bring to boiling, stirring to dissolve sugar; reduce heat. Simmer, uncovered, for 5 minutes. Add pears and cranberries. Return to boiling; reduce heat. Simmer fruit mixture, uncovered, over medium-high heat for 3 to 4 minutes or till cranberries pop, stirring occasionally.

In a small bowl combine cornstarch and the ¼ cup cold water. Stir cornstarch mixture into the cranberry mixture. Bring to boiling; reduce heat. Simmer for 2 minutes, stirring occasionally. Remove from heat and stir in aniseed, if desired.

Transfer cranberry mixture to the pastry-lined pie plate. Trim pastry to edge of pie plate. On a lightly floured surface roll remaining pastry into a 12-inch circle. With a 1-inch holiday cookie cutter, cut shapes from center of pastry, reserving cutouts. Cut slits in pastry if not using cookie cutters. (To order mini cookie and pastry cutters, see *page 162*.)

Place pastry on filling and seal. Crimp edge as desired. Combine egg white and 1 tablespoon water; brush onto pastry. Sprinkle with coarse sugar. Top with holiday cutouts, if using. Brush cutouts with egg white mixture. To prevent overbrowning, cover the edge of the pie with foil.

Bake in a 375° oven for 25 minutes. Remove foil. Bake for 30 to 35 minutes more or till the top is golden. Cool on a wire rack. Serve warm or at room temperature. Makes 8 servings.

Pastry for Double-Crust Pie: Stir together 2 cups all-purpose flour and ½ teaspoon salt. Using a pastry blender, cut in ⅔ cup shortening till pieces are size of small peas. Using 6 to 7 tablespoons total cold water, sprinkle 1 tablespoon water over mixture; toss with fork. Push to side of bowl. Repeat till all is moistened. Divide dough in half. Use immediately, or cover and chill till needed.



The big day has arrived and the table is laden with luscious foods to share with family and friends. Dinner stars a roast Capon with Macadamia Nut Stuffing (for recipe, see *page 158*).

Nutrition facts per serving: 435 cal., 18 g total fat (4 g sat. fat), 0 mg chol., 142 mg sodium, 67 g carbo., 4 g fiber, and 4 g pro. Daily Values: 0% vit. A, 11% vit. C, 1% calcium, and 10% iron.

Shrimp-Scallop Chowder

For a less hectic holiday, make up a double batch of Super Soup Base. Use half for this chowder and the other portion for Curried Broccoli-Potato Soup, page 154.

- ½ lb. fresh or frozen shrimp
- ½ lb. fresh or frozen scallops
- 1 recipe Super Soup Base
- 1½ cups milk
- 1 Tbsp. snipped fresh basil or 1 tsp. dried basil, crushed
- ¼ tsp. pepper
- ¼ cup dry white wine
- Fresh basil sprigs

Thaw shrimp and scallops, if frozen. Peel and devein shrimp; halve shrimp lengthwise. Set aside.

continued on page 154

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Black Forest Chocolate Cheesecake

(Makes one 9-inch cheesecake)

1½ cups chocolate cookie crumbs
3 tablespoons margarine or butter, melted
2 (8-ounce) packages cream cheese, softened
1 (14-ounce can) Eagle® Brand Creamy Chocolate Sweetened Condensed Milk (NOT evaporated milk)
3 eggs
3 tablespoons cornstarch
1 teaspoon almond extract
1 (21-ounce) can cherry pie filling, chilled

Preheat oven to 300°F. Combine crumbs and margarine; press firmly on bottom of 9-inch springform pan. In large mixer bowl, beat cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Add eggs, cornstarch and almond extract; mix well. Pour into prepared pan. Bake 55 minutes, or until center is set. Cool; chill. Top with cherry pie filling before serving. Refrigerate leftovers.

Look for recipes on top of every can.



How Delicious Traditions Are Made.

continued from page 152

In a large saucepan combine Super Soup Base with milk, basil, and pepper. Heat till bubbly. Add shrimp and scallops. Return to boiling; reduce heat. Cover and simmer for 3 to 5 minutes or till seafood turns opaque. Stir in wine; heat through. Garnish with basil sprigs. Makes 3 or 4 main-dish servings.

Super Soup Base: In a large saucepan cook 1 cup chopped onion and 1 clove garlic, minced, in 1 tablespoon olive oil or cooking oil till tender but not brown. Stir in one 10¾-ounce can condensed cream of celery soup. Use immediately to make Shrimp-Scallop Chowder or Curried Broccoli-Potato Soup. Or, cover and refrigerate up to 3 days till ready to prepare one of the soups.

Nutrition facts per serving: 298 cal., 13 g total fat (3 g sat. fat), 130 mg chol., 1,044 mg sodium, 18 g carbo., 1 g fiber, and 25 g pro. Daily Values: 13% vit. A, 8% vit. C, 21% calcium, and 22% iron.

Curried Broccoli-Potato Soup

You can be sure your guests stay toasty warm when you serve this spiced-up vegetable soup. Vary the spiciness by using more, or less, curry powder.

- 1 recipe Super Soup Base (see recipe, *above*)
- 2 cups milk
- 8 small new potatoes, cut into quarters (about 2½ cups)
- 2 medium carrots, sliced
- 1 to 2 tsp. curry powder
- ¼ tsp. pepper
- ¼ tsp. ground cumin
- 2 cups broccoli florets
- Carrot strips (optional)

In a large saucepan combine Super Soup Base with milk. Heat till bubbly. Add potatoes, carrots, curry powder, pepper, and cumin. Bring to boiling; reduce heat. Cover and simmer for 10 minutes. Add broccoli; cover and simmer for 10 minutes more or till vegetables are tender. Garnish each serving with carrot strips, if desired. Makes 4 side-dish servings.

Nutrition facts per serving: 283 cal., 10 g total fat (3 g sat. fat), 18 mg chol., 687 mg sodium, 42 g carbo., 6 g fiber, and 10 g pro. Daily Values: 104% vit. A, 113% vit. C, 20% calcium, and 21% iron.

Shortcut Olive Flatbread

When baking both breads at once, switch placement of baking sheets in the oven halfway through the baking. Or, bake one flatbread at a time, keeping the unbaked bread covered in the refrigerator while the other bread is baking.

- 1 16-oz. pkg. hot-roll mix
- 1 egg
- 2 Tbsp. olive oil or cooking oil
- ¼ cup snipped fresh basil or 2 tsp. dried basil, crushed
- ⅔ cup finely chopped onion
- 3 Tbsp. olive oil or cooking oil
- ¾ cup pitted kalamata olives, drained and chopped
- ½ cup crumbled feta cheese (2 oz.)

Lightly grease two large baking sheets; set aside.

Prepare hot-roll mix according to package directions for basic dough, using the 1 egg and substituting the 2 tablespoons olive oil or cooking oil for margarine. Stir in 1 tablespoon of the fresh basil or ½ teaspoon of the dried basil. Knead dough and allow to rest as directed. Divide dough in half and roll each portion into a 12- or 13-inch round. Place on prepared baking sheet.

In a skillet cook onion and remaining basil in 3 tablespoons oil till onion is tender but not brown. With fingertips, press indentations every inch or so in dough round. Top dough evenly with onion mixture. Sprinkle with chopped olives and cheese. Cover; let rise in a warm place till nearly double (30 to 40 minutes).

Bake in a 375° oven for 15 to 20 minutes or till golden. Remove from oven. Transfer to a wire rack. Cool. Makes 16 servings.

Nutrition facts per serving: 166 cal., 7 g total fat (1 g sat. fat), 16 mg chol., 237 mg sodium, 22 g carbo., 0 g fiber, and 5 g pro. Daily Values: 1% vit. A, 0% vit. C, 2% calcium, and 5% iron.

Ginger-Sesame Flatbread: Prepare as above, omitting the olives, cheese, and basil. Stir 1 teaspoon grated gingerroot into the cooked onion mixture; top dough with onion mixture. Sprinkle 1 tablespoon white sesame seed and 1 tablespoon black sesame seed atop dough. Proceed as directed above.

Nutrition facts per serving: 155 cal., 6 g total fat (1 g sat. fat), 13 mg chol., 170 mg sodium, 22 g carbo., 0 g fiber, and 5 g pro. Daily Values: 0% vit. A, 0% vit. C, 0% calcium, and 6% iron.

Smoked Salmon and Eggs in Puff Pastry

Your holiday brunch will be merrier if you prepare this dish the night before and bake it in the morning. Decorate the top with star-shaped cutouts.

- ½ of a 17¼-oz. pkg. frozen puff pastry (1 sheet)*
- 8 eggs
- ½ cup skim milk
- ¼ tsp. salt
- ¼ tsp. pepper
- 1 Tbsp. margarine or butter
- ½ of an 8-oz. tub cream cheese with chive and onion
- ½ tsp. dried dillweed
- 3 oz. thinly sliced smoked salmon (lox-style)
- ⅓ cup shredded mozzarella cheese (1½ oz.)
- 1 slightly beaten egg
- 1 Tbsp. water
- Puff Pastry Stars (optional)*

continued on page 156

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A new take on tacos.

Campbell's® Beef Taco Bake

Prep Time: 10 min. Cook Time: 30 min.

- 1 lb. ground beef
- 1 can (10 3/4 oz.) Campbell's Condensed Tomato Soup
- 1 cup salsa
- 1/2 cup milk
- 6 flour tortillas ***or*** 8 corn tortillas (6 to 8"), cut into 1" pieces
- 1 cup shredded Cheddar cheese

1. In skillet over medium-high heat, cook beef until browned, stirring to separate meat. Pour off fat.
2. Add soup, salsa, milk, tortillas and ***half*** the cheese. Spoon into 2-qt. shallow baking dish. ***Cover.***
3. Bake at 400°F. 30 min. or until hot. Sprinkle with remaining cheese. Serves 4.

Free Recipe Booklet: For more recipes send name, address and 50¢ for P&H to: Campbell's, Dept. C., P.O. Box 4116, St. Cloud, MN 56398-4116. While supplies last.



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Tasteful additions

continued from page 154

Thaw puff pastry according to package directions. Lightly grease a baking sheet; set aside. In a mixing bowl beat together the 8 eggs, milk, salt, and pepper. In a large skillet melt margarine or butter over medium heat; pour in egg mixture. Cook without stirring till mixture begins to set on the bottom and around edge.

Using a spatula or a large spoon, lift and fold the partially cooked eggs so the uncooked portion flows underneath. Continue cooking over medium heat for 2 minutes or till eggs are just set. Remove from heat; dot with cream cheese and sprinkle with dillweed. Stir gently till combined. Set aside.

Unfold pastry on a lightly floured surface; roll into a 17x12-inch rectangle. Place on baking sheet (short sides may extend over side of sheet). Arrange the smoked salmon crosswise down the center one-third of the pastry to within 1 inch of the top and bottom edges of the pastry. Spoon scrambled eggs over salmon (see top photo, *right*).

Sprinkle eggs with the shredded mozzarella cheese. Combine beaten egg with water. Brush the edges of the pastry with the egg mixture. Fold one short side of the pastry over the filling (see middle photo, *right*).

Fold the remaining short side over top. Seal top and ends well and brush the top of the pastry with the egg mixture. Top with about 10 to 12 Puff Pastry Stars, if desired, and brush with egg mixture.

Bake in a 375° oven for 25 minutes or till pastry is golden brown. (Or, if desired, cover and chill unbaked pastry up to 24 hours. Uncover; bake in a 375° oven for 35 to 40 minutes or till pastry is golden brown and filling is hot.) Makes 6 servings.

**Puff Pastry Stars:* Thaw the remaining sheet of puff pastry and unfold it on a lightly floured surface. Roll the pastry into a 10-inch square. Using a 1-inch star-shaped cutter, cut out stars. Place 10 to 12 stars on the unbaked salmon- and egg-filled pastry (see bottom photo, *below*).

Place remaining star cutouts on an ungreased baking sheet; bake in a 375° oven for 12 to 15 minutes or till golden. Makes about 40 pastry star cutouts.



Spoon scrambled eggs over smoked salmon and puff pastry.



Gently fold sides of pastry over the filling.



For a special holiday touch, top with 1-inch stars cut from a sheet of puff pastry. *To order mini cutters, see page 162.*

Nutrition facts per serving: 417 cal., 30 g total fat (7 g sat. fat), 347 mg chol., 580 mg sodium, 18 g carbo., 0 g fiber, and 17 g pro. Daily Values: 23% vit. A, 10% calcium, and 8% iron.

Gingered Fruit

Baking intensifies the flavor of the fruits and makes this gingery breakfast dish a fuss-free favorite.

- ½ cup dried cherries
- ½ cup water
- 1 tsp. finely shredded orange peel
- ½ cup orange juice
- ¼ cup packed brown sugar
- 1 tsp. grated gingerroot
- 5 cups assorted thinly sliced fruit (such as peeled mangoes, peaches, pears, and/or apples, or unpeeled nectarines)
- 1 Tbsp. margarine or butter
- Orange peel (optional)

In a 1½-quart casserole combine dried cherries, water, the 1 teaspoon shredded orange peel, orange juice, brown sugar, and gingerroot. Stir in fruit; dot with margarine.

Bake, covered, in a 375° oven for 40 to 45 minutes or till fruit is tender, stirring gently after 30 minutes. Serve warm. Garnish with orange peel, if desired. Makes 6 servings.

Nutrition facts per serving: 162 cal., 2 g total fat (0 g sat. fat), 0 mg chol., 26 mg sodium, 37 g carbo., 3 g fiber, and 1 g pro. Daily Values: 25% vit. A, 42% vit. C, 1% calcium, and 2% iron.

Apricot-Apple Sipper

For make-ahead convenience, fix this beverage a day early and refrigerate. Reheat the drink and pour it into an electric crockery cooker to keep warm on low-heat setting up to 4 hours.

- 4 cups apple cider or apple juice*
- 4 cups apricot nectar
- 2 Tbsp. lemon juice

continued on page 158

The last thing you want to hear after serving your holiday ham is "Nice China."





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continued from page 156

2 Tbsp. honey
1 tsp. whole cloves
1 tsp. whole allspice
4 inches stick cinnamon, broken
Cinnamon sticks (optional)

In a large saucepan combine apple cider, nectar, lemon juice, and honey. For spice bag, place cloves, allspice, and stick cinnamon on a double-thick, 6-inch-square of 100% cotton cheesecloth. Bring corners together and tie with a clean string. Add the spice bag to cider mixture. Bring the mixture to boiling; reduce heat. Cover and simmer for 10 minutes. Discard spice bag. Ladle mixture into cups. If desired, serve with cinnamon sticks. Makes about 10 (6-ounce) servings.

**Note:* If desired, substitute 4 packets of spiced cider instant apple flavor drink mix (each packet is about ¾ ounce) and 4 cups of water for the apple juice or cider and whole spices. Stir together; bring all ingredients to boiling. There is no need to simmer for 10 minutes before serving.

Nutrition facts per serving: 120 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 6 mg sodium, 32 g carbo., 1 g fiber, and 0 g pro. Daily Values: 13% vit. A, 59% vit. C, 1% calcium, and 5% iron.

Capon with Macadamia Nut Stuffing

Although somewhat smaller than a turkey, a capon offers more white meat per pound of bird and is every bit as dazzling on your dinner table.

1 5- to 7-lb. capon
Salt (optional)
1 recipe Macadamia Nut Stuffing (see recipe, *right*)
1 Tbsp. cooking oil
1 clove garlic, minced
½ tsp. grated gingerroot or ⅛ tsp. ground ginger
Fresh variegated sage sprigs (optional)
Fresh rosemary sprigs (optional)
Kumquats (optional)

Rinse capon on the outside as well as inside body and neck cavities; pat dry with paper towels. If desired, season body cavity with salt. Spoon some of the Macadamia Nut Stuffing loosely into the body cavity. Pull the neck skin to the back; fasten with a skewer.

Place capon, breast side up, on a rack in a shallow roasting pan. Brush with a mixture of oil, garlic, and ginger. Insert a meat thermometer into the center of one of the inside thigh muscles. The bulb should not touch bone. Cover capon loosely with foil.

Roast in a 325° oven for 2½ to 3 hours or till the meat thermometer registers 180° to 185°, uncovering capon for the last 30 minutes of roasting time. Baste capon occasionally with pan drippings. When the capon is done, the drumsticks should move easily in their sockets. The stuffing should be at least 165°.

Remove capon from oven. Cover; let stand 10 minutes before carving. Garnish platter with sage, rosemary, and kumquats, if desired. Makes 10 to 14 servings.

Nutrition facts per serving (without stuffing): 260 cal., 14 g total fat (4 g sat. fat), 93 mg chol., 53 mg sodium, 0 g carbo., 0 g fiber, and 31 g pro. Daily Values: 2% vit. A, 0% vit. C, 1% calcium, and 10% iron.

Macadamia Nut Stuffing

It's OK to make the stuffing ahead and refrigerate it so it's ready to go. But don't stuff the capon, or other poultry, until just before you roast it.

3 cups sliced fresh mushrooms (such as shiitake or oyster)
¾ cup sliced green onions with tops
2 cloves garlic, minced
¼ cup margarine or butter
1½ tsp. ground sage
1 to 1½ tsp. grated gingerroot or ½ tsp. ground ginger
½ tsp. salt
8 cups dried ½-inch cubes of Hawaiian sweet bread (about ¾ of a 1 lb. loaf) or soft French bread*
1 cup coarsely chopped macadamia nuts
½ cup snipped dried mangoes or dried apricots
½ to ¾ cup reduced-sodium chicken broth or water

In a medium saucepan cook mushrooms, green onions, and garlic in margarine till tender but not brown; remove from heat. Stir in sage, gingerroot, salt, and ¼ teaspoon *pepper.*

In a large bowl combine bread cubes, macadamia nuts, and dried mangoes; add onion mixture. Drizzle with ¼ cup of the broth to moisten, tossing lightly. Use some stuffing to stuff one 5- to 7-pound capon. Place any remaining stuffing in a casserole. Drizzle with remaining ¼ to ½ cup chicken broth. Cover and chill.

Bake casserole with stuffing in a 325° oven alongside the capon during the last 30 to 45 minutes of roasting time or till heated through. Makes 10 to 14 servings.

**Note:* To dry bread cubes for stuffing, cut bread into ½-inch cubes. Spread in a single layer in a 15x11x2-inch baking pan. Bake in a 300° oven for 10 to 15 minutes or till dry, stirring twice. Cool.

Nutrition facts per serving (without capon): 268 cal., 17 g total fat (3 g sat. fat), 12 mg chol., 291 mg sodium, 26 g carbo., 3 g fiber, and 6 g pro. Daily Values: 11% vit. A, 4% vit. C, 2% calcium, and 12% iron.

Root Vegetables and Raisins

Use a mandoline to save time when cutting the vegetables into julienne strips (see photo, page 160*).*

½ cup orange juice
1 tsp. brown sugar
1 tsp. cornstarch

continued on page 160

Baking with anything but Planters is just plain... well, you know.

This holiday season, don't settle for anything less than Planters® Baking Nuts. Only Planters are specially packaged to keep our pecans, walnuts and almonds so fresh, they're guaranteed. So you can be sure your nuts will be as fresh as whatever you're putting them into.



PLANTERS® HOLIDAY CHOCOLATE NUT SQUARES

Makes 16

- 1 1/2 sticks PARKAY Spread (3/4 cup)
- 3/4 cup Granulated Sugar
- 1 1/4 cups Flour
- 2 tbs. Heavy Cream
- 1 3/4 cups PLANTERS Pecans or Walnuts, coarsely chopped
- 1 cup Flaked Coconut
- 4 oz. Semi-Sweet Chocolate, coarsely chopped

1. Beat 1/2 cup spread and 1/4 cup sugar until creamy. Blend in flour. Press on bottom of an ungreased 9 x 9 x 2-inch baking pan. Bake at 350°F for 18 minutes or until edges are lightly browned.
2. Heat 1/2 cup sugar, 1/4 cup spread and heavy cream in saucepan, stirring until spread melts and mixture is blended. Stir in pecans; set aside.
3. Sprinkle coconut and chocolate over crust. Top with pecan mixture. Bake for 20 minutes more or until golden. Cool; cut into squares.

PLANTERS



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So make this holiday season a very taste one with French's® French Fried Onio

Green Bean Casserc

Prep time: 5 min. Cook time: 30 m

• **10 3/4 oz. can** Campbell's® Condensed Cream Mushroom Soup • **3/4 C.** milk • **1/8 tsp.** pepp • **4 C.** cooked, cut green beans • **1 1/3 C.** French's® French Fried Onions

❶ In 1 1/2-qt. casserole, mix soup, milk and pepper. Stir in beans and **2/3 C.** French Fried Onions. ❷ Bake 25 min. at 350°F until hot. Stir; top with **2/3 C** onions. Bake 5 min. until onions are golden. Makes 6 servings.



With French's®, taste comes out on top.

Tasteful Traditions

continued from page 158

- 2½ cups julienned carrots (about 4 medium)
- 1 medium onion, cut into thin wedges
- 2 Tbsp. margarine or butter
- 2½ cups julienned parsley roots or parsnips
- ¼ cup golden raisins
- Snipped fresh parsley

For glaze, in a small mixing bowl stir together orange juice, brown sugar, and cornstarch. Set aside.

In a large skillet over medium-high heat cook and stir carrot and onion in hot margarine for 2 minutes. Add parsley root or parsnips.



A mandoline, with its adjustable blades, makes quick work of cutting firm vegetables into uniform julienne pieces.

Cook 5 minutes more or till vegetables are crisp-tender. Stir the glaze mixture. Add glaze to skillet. Cook and stir till glaze mixture is thickened and bubbly. Cook and stir 1 minute more. Remove from heat. Stir in raisins. Garnish with snipped parsley. Serve immediately. Makes 8 side-dish servings.

Nutrition facts per serving: 117 cal., 3 g total fat (1 g sat. fat), 0 mg chol., 69 mg sodium, 22 g carbo., 4 g fiber, and 2 g pro. Daily Values: 111% vit. A, 27% vit. C, 3% calcium, and 5% iron.

SPECIAL SLICER OFFER

For Root Vegetables and Raisins, use our **Mandoline Slicer** as the complete kitchen helper. The durable plastic frame measures 12×5 inches and holds an extra-sharp stainless steel blade; the four attachments make thin, medium, or thick slices, julienne strips, or French fries. The Mandoline Slicer also grates and shreds. From Fox Run Craftsmen, the price is $17.95, which includes shipping, handling, and applicable sales tax.

TO ORDER: Send a check or money order for $17.95 to *BH&G®* Reader Shopping Service, Dept. 9712, Box 9128, Des Moines, IA 50306-9128. Mastercard, Visa, and American Express card users may call 800/881-4066.

Crimson Greens with Papaya Seed Dressing

Both the papaya fruit and seeds are used in this salad. The seeds are coarsely ground like peppercorns to add flecks of accent and a spicy kick to the dressing in contrast to the soothing sweetness of the fresh fruit.

- 1 large papaya
- 7 cups torn red-tip leaf lettuce and/or mixed salad greens
- 1 cup shredded radicchio
- 1 small red onion, thinly sliced and separated into rings
- ¼ cup snipped fresh cilantro
- 1 Tbsp. toasted sesame oil plus 3 Tbsp. salad oil, or ¼ cup salad oil
- 2 Tbsp. lemon juice
- 2 Tbsp. rice wine vinegar or white wine vinegar
- 1 Tbsp. sugar
- ⅛ tsp. salt

Peel, seed, and slice papaya, reserving 1 tablespoon of the seeds for the dressing.

In a large salad bowl combine leaf lettuce and/or mixed salad greens, radicchio, red onion, sliced papaya, and cilantro; toss gently.

For the dressing, in a blender container or food processor bowl combine sesame oil (if using), salad oil, lemon juice, rice wine vinegar or white wine vinegar, sugar, and salt. Cover and blend or process till the dressing is smooth. Add the reserved papaya seeds and blend or process until the seeds are the consistency of coarsely ground pepper. Pour the papaya seed dressing over the salad. Toss lightly to coat. Makes 8 side-dish servings.

Nutrition facts per serving: 87 cal., 7 g total fat (1 g sat. fat), 0 mg chol., 40 mg sodium, 6 g carbo., 1 g fiber, and 1 g pro. Daily Values: 12% vit. A, 36% vit. C, 3% calcium, 4% iron.

Cheesecake Treasures

Neufchâtel cheese mimics cream cheese in taste, but has a lower milk-fat content. That means these individual desserts are high in flavor and have only 8 grams of fat per serving compared to the 32 grams found in a slice of a traditional cheesecake.

- Nonstick spray coating
- 3 Tbsp. finely crushed vanilla wafers or graham cracker crumbs
- 12 oz. reduced-fat cream cheese (Neufchâtel), softened
- ¾ cup sugar
- 1 Tbsp. all-purpose flour

continued on page 162



continued from page 161

1½ tsp. vanilla
1 4-oz. carton refrigerated or frozen egg product, thawed (about ½ cup)
1½ tsp. finely shredded lemon or orange peel
¾ to 1 cup peeled and sliced kiwifruit; halved strawberries, halved grapes; whole raspberries; and/or orange sections
Mint leaves (optional)
Lime slices, halved (optional)

Spray bottom and sides of twelve 2½- or 2¾-inch muffin cups with nonstick spray coating. Sprinkle with crushed vanilla wafers or graham cracker crumbs. Set aside.

In a medium mixing bowl beat cream cheese with an electric mixer on medium speed till smooth. Add sugar, flour, and vanilla. Beat on medium speed till fluffy.

Add egg product to cheese mixture, beating on low speed just till combined. *(Do not overbeat.)* Stir in lemon peel or orange peel. Divide cheese mixture evenly among the muffin cups.

Bake in a 325° oven about 20 minutes or till set. Cool the cheesecakes in pan on a wire rack about 30 minutes or till firm. Loosen the edges of the cheesecakes and carefully remove them from the muffin cups. Cover and chill for 4 to 24 hours.

Just before serving, arrange fresh kiwifruit, strawberries, grapes, raspberries, and/or orange sections on top of each individual cheesecake. If desired, garnish cheesecakes with fresh mint leaves and lime slices. Makes 12 servings.

Nutrition facts per serving: 156 cal., 8 g total fat (4 g sat. fat), 23 mg chol., 135 mg sodium, 17 g carbo., 0 g fiber, and 4 g pro. Daily Values: 15% vit. A, 6% vit. C, 2% calcium, and 2% iron.

Best-Ever Sugar Cookies

Have some fun and make small, medium, and large versions of the same holiday cookie shapes. Package them as a threesome for a unique gift. To save decorating time, dip the tops of the cooled mini cutouts in the frosting.

⅓ cup butter or margarine
⅓ cup shortening
¾ cup sugar
1 tsp. baking powder
Dash salt
1 egg
1 tsp. vanilla
2 cups all-purpose flour
1 recipe Powdered Sugar Icing (optional)
Small multicolored decorative candies (optional)

In a large mixing bowl beat butter and shortening with an electric mixer on medium to high speed for 30 seconds. Add sugar, baking powder, and salt. Beat till combined, scraping bowl. Beat in egg and vanilla. Beat in as much of the flour as you can with the mixer. Stir in the remaining flour. Divide dough in half. If necessary, cover and chill the dough for 3 hours or till easy to handle.

On a lightly floured surface, roll half of the dough at a time to ⅛ inch thick (¼ inch thick if using 1½-inch mini cookie cutters). Use cookie cutters to cut into desired shapes. Place on ungreased cookie sheet.

Bake in a 375° oven for 7 to 8 minutes (5 to 7 minutes for mini cookies) or till edges are firm and bottoms are very lightly browned. Cool the cookies on a wire rack.

If desired, frost with Powdered Sugar Icing and sprinkle with decorative candies before icing dries. Makes about 120 mini (1½-inch), 36 to 48 medium (2½- to 3-inch), or 20 large (5-inch) cookies.

continued on page 164

OFFERS FOR BAKERS

Some recipes in this issue require cookie cutters or baking pans you may not have on hand. Save time by ordering from us; *we've done the shopping for you!*



HOLIDAY COOKIE CUTTERS

Our Best-Ever Sugar Cookies (recipe at *left*) were made using graduated sizes of cutters. Packaged in our **1997 Holiday Cookie Cutter Set,** the set includes three trees, three candy canes, and three snowmen. The cutters in each trio measure 1½ inches, 3 inches, and 5 inches high. We also include nine mini cutters (each 1½ inches high) to use for mini cookies or to make pastry cutouts in other recipes, such as Cranberry-Pear Pie (recipe, *page 152*) or the Smoked Salmon and Eggs in Puff Pastry (recipe, *page 154*). Cutters are from Fox Run Craftsmen and Off The Beaten Path. The price for the complete set of 18 cutters is $22.95, which includes shipping, handling, and applicable sales tax.

MUFFIN TIN SET

Our Cheesecake Treasures (recipe, *page 161*) are made with a 12-cup muffin pan. Our **Muffin Tin Set** includes the 12-cup version you need plus a handy 24-cup mini muffin tin. Both pans are from Fox Run Craftsmen and feature nonstick finishes for easy cleanup. The price for the set is $34.95, which includes shipping, handling, and applicable sales tax.

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continued from page 162

Powdered Sugar Icing: In a mixing bowl combine 2 cups sifted powdered sugar, ½ teaspoon vanilla, and 2 tablespoons milk. Stir in additional milk, 1 teaspoon at a time, till it reaches frosting consistency. Tint with food coloring, if desired. Makes about 1 cup frosting.

Nutrition facts per medium cookie: 95 cal., 4 g total fat (2 g sat. fat), 11 mg chol., 33 mg sodium, 15 g carbo., 0 g fiber, and 1 g pro. Daily Values: 1% vit. A, 0% vit. C, 1% calcium, and 2% iron.

Cranberry Sherbet

Here's another quick-to-fix make-ahead marvel that can be brought out and served with sugar cookies to delight your family and visitors.

- 1 12-oz. can (1½ cups) evaporated milk
- 1 12-oz. can frozen cranberry juice cocktail concentrate, thawed
- 1 tsp. finely shredded orange peel
- Cranberries (optional)
- Variegated mint leaves (optional)

Stir together milk, cranberry juice cocktail concentrate, and orange peel. Pour into a 2-quart square baking dish. Cover and freeze for 2 to 4 hours or till mixture is almost firm. Break into small chunks.

Transfer chunks to a chilled mixing bowl. Beat with an electric mixer on medium speed till smooth but not melted. Return to pan. Cover and freeze till firm. Scoop into dessert dishes and garnish with cranberries and mint leaves, if desired. Makes 6 to 8 servings.

Nutrition facts per serving: 101 cal., 4 g total fat (3 g sat. fat), 16 mg chol., 60 mg sodium, 12 g carbo., 0 g fiber, and 4 g pro. Daily Values: 4% vit. A, 52% vit. C, 12% calcium, and 0% iron.

Hazelnut Cake Roll

A traditional cake roll gets gussied up with the addition of a hazelnut-laced cream cheese filling. Serve it by the fireside with a cup of coffee or hot chocolate for a special treat.



Rolling up the cake in a towel sprinkled with powdered sugar prevents the still-warm cake from sticking to itself.

- ½ cup all-purpose flour
- 1 tsp. baking powder
- 4 egg yolks
- ½ tsp. vanilla
- ⅓ cup granulated sugar
- 4 egg whites
- ½ cup granulated sugar
- Sifted powdered sugar
- 1 recipe Cream Cheese Icing
- 1 cup chopped toasted hazelnuts (filberts) or almonds
- 1 recipe Chocolate Glaze
- Powdered sugar
- Hazelnuts (filberts) (optional)
- Sliced kumquats (optional)
- Fresh raspberries (optional)

Grease and lightly flour a 15x10x1-inch jelly-roll pan; set pan aside. Stir together flour and baking powder; set aside.

In a medium mixing bowl beat egg yolks and vanilla with an electric mixer on high speed for 5 minutes or till thick and lemon-colored. Gradually add the ⅓ cup granulated sugar, beating on high speed till sugar is almost dissolved.

Thoroughly wash the beaters. In another bowl beat egg whites on medium speed till soft peaks form (tips curl). Gradually add the ½ cup granulated sugar, beating till stiff peaks form (tips stand straight). Fold egg yolk mixture into beaten egg whites. Sprinkle dry mixture over egg mixture; fold in gently just till combined. Spread batter evenly in the prepared pan.

Bake in a 375° oven for 12 to 15 minutes or till cake springs back when lightly touched. Immediately loosen edges of cake from pan and turn cake out onto a towel sprinkled with powdered sugar. Roll up towel and cake, jelly-roll style, starting from one of the cake's short sides (see photo, *left*). Cool on a wire rack. Unroll cake; remove towel.

continued on page 166

FOR A SUCCESSFUL HAZELNUT CAKE ROLL

To ensure success with any cake, the ingredients must be measured accurately. For dry ingredients use a measuring cup or spoon that is the exact capacity you wish to measure. For liquids, use a glass or clear plastic measuring cup on a level surface. Be sure your eye is level with the mark you wish to read.

- There's no need to sift the flour before measuring it, but stir the flour to lighten it before spooning it gently into a dry measuring cup.
- Egg yolks should be beaten with an electric mixer on high speed until thick and a pale lemon color.
- It is important to roll the cake when it is still warm. Start at a short side and loosely roll up the cake and towel together. The towel keeps the cake from sticking to itself as it cools. The powdered sugar sprinkled on the towel prevents the towel from sticking to the cake.
- When the cake has cooled on a wire rack, gently unroll it. Spread cake with Cream Cheese Icing and nuts. Roll it up again, drizzle top with Chocolate Glaze, and find a spot to display your dazzling dessert.

Heavenly Piece



Heavenly Cherry Cheesecake

...p graham
...acker crumbs
...p plus 3 Tbsp.
...gar, divided
...g. (8 oz. each)
...ll PHILADELPHIA BRAND
...eam Ch... softened
...p. butter, melted
3 Tbsp. flour
1 Tbsp. vanilla
3 eggs
... cup sour cream
1 can (21 oz.)
COMSTOCK, THANK YOU, or WILDERNESS® More Fruit
Cher... Pie Filling

MIX crumbs, 3 Tbsp. sugar and butter; press onto bottom of 9-inch springform pan. Bake at 350°F for 10 minutes.

BEAT cream cheese, 1 cup sugar, flour and vanilla with electric mixer on medium speed until blended. Add eggs, 1 at a time, mixing on low speed just until blended. Blend in sour cream. Pour over crust.

BAKE at 350°F for 65 minutes or until center is almost set. Run knife around rim of pan to loosen cake; cool before removing rim of pan. Refrigerate 4 hours or overnight. Top with pie filling. Serves 14.

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Spread cake with Cream Cheese Icing to within 1 inch of edges. Sprinkle with 1 cup chopped hazelnuts or almonds. Roll up cake. Cover and chill till serving time.

To serve, drizzle with Chocolate Glaze and sift powdered sugar over the top. If desired, garnish with hazelnuts, sliced kumquats, and fresh raspberries. Slice the cake to serve. Makes 10 servings.

Cream Cheese Icing: In a small mixing bowl beat half of an 8-ounce package cream cheese, softened, with an electric mixer on medium speed till light and fluffy. Gradually beat in 1 cup sifted powdered sugar and 1½ teaspoons dark rum, hazelnut liqueur, or water, till icing is smooth.

Chocolate Glaze: In a small saucepan melt 1 ounce semisweet chocolate, cut up, and 1 tablespoon margarine or butter over low heat, stirring frequently. Remove from heat. Stir in ½ cup sifted powdered sugar, 1 tablespoon light-colored corn syrup, and 1 teaspoon hot water. Stir in additional hot water, 1 teaspoon at a time, if needed, to make a glaze of drizzling consistency.

Nutrition facts per serving: 321 cal., 15 g total fat (5 g sat. fat), 101 mg chol., 109 mg sodium, 43 g carbo., 1 g fiber, and 6 g pro. Daily Values: 18% vit. A, 0% vit. C, 6% calcium, and 8% iron.

Peppermint-Eggnog Punch

Santa would love to find this frothy ice cream-eggnog drink awaiting while he makes his rounds on Christmas Eve. It's a perfect refresher for a dessert buffet, too.

- 1 qt. peppermint ice cream
- 1 qt. dairy eggnog
- 1 cup rum (optional)
- 4 12-oz. cans ginger ale, chilled
- Candy canes (optional)

Reserve 2 or 3 scoops of peppermint ice cream in the freezer to use for garnishing the punch.

In a large chilled bowl stir remaining peppermint ice cream till softened. Gradually stir in eggnog and rum, if using. Transfer to a punch bowl; add ginger ale. Float reserved ice cream scoops on top. Serve immediately with candy canes, if desired. Makes about 28 (4-ounce) servings.

Nutrition facts per serving: 100 cal., 5 g total fat (1 g sat. fat), 8 mg chol., 41 mg sodium, 13 g carbo., 0 g fiber, and 2 g pro. Daily Values: 3% vit. A, 0% vit. C, 4% calcium, and 0% iron.



When you're expecting a crowd during the holiday season and want to serve a home-style dessert, pop Date Pudding into the oven. Let it cool a bit before spooning onto dessert dishes.

Date Pudding

Use pretty plates or shallow bowls to show off this old-fashioned dessert that makes its own sweet sauce. A dollop of unsweetened whipped cream mellows the sweetness of the pudding.

- 1 cup all-purpose flour
- ¾ cup packed light brown sugar
- 1 tsp. baking powder
- ½ cup milk
- 1 cup chopped pitted dates
- 1¼ cups boiling water
- 1 cup chopped pecans or walnuts
- ¾ cup packed light brown sugar
- 1 Tbsp. margarine or butter
- 1 tsp. vanilla
- Unsweetened whipped cream (optional)

Grease a 2-quart rectangular baking dish; set aside. In a large mixing bowl stir together flour, the ¾ cup brown sugar, and the baking powder. Add milk; mix well. Stir in the chopped pitted dates; spread the batter in the prepared baking dish.

In a medium mixing bowl stir together boiling water, pecans or walnuts, the remaining ¾ cup brown sugar, margarine or butter, and vanilla; pour over the date mixture in the baking dish.

Bake, uncovered, in a 350° oven for about 30 minutes or till set. Serve warm with unsweetened whipped cream, if desired. Makes 12 to 16 servings.

Nutrition facts per serving: 244 cal., 7 g total fat (1 g sat. fat), 1 mg chol., 57 mg sodium, 45 g carbo., 2 g fiber, and 2 g pro. Daily Values: 1% vit. A, 0% vit. C, 6% calcium, and 9% iron. ♦



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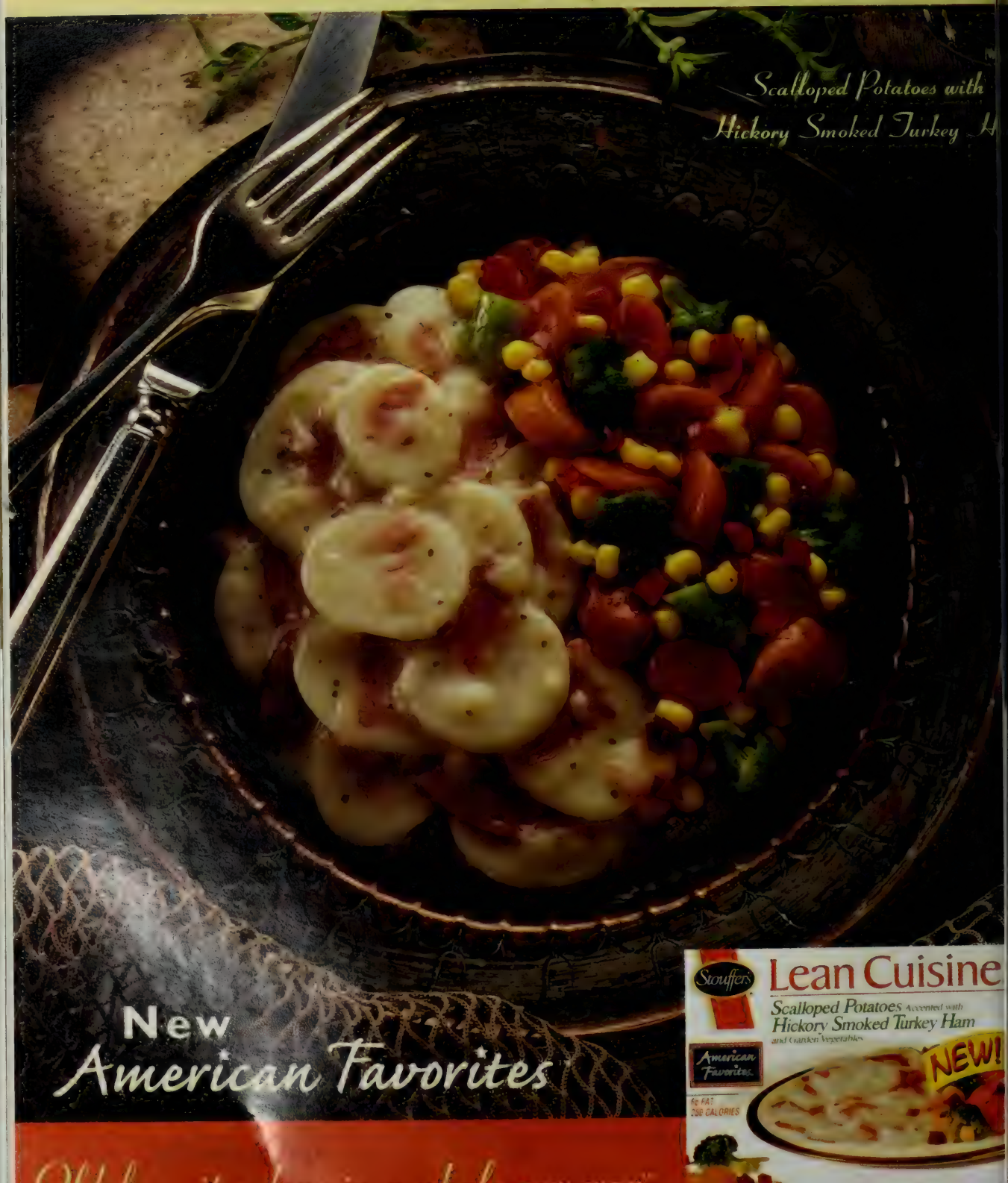
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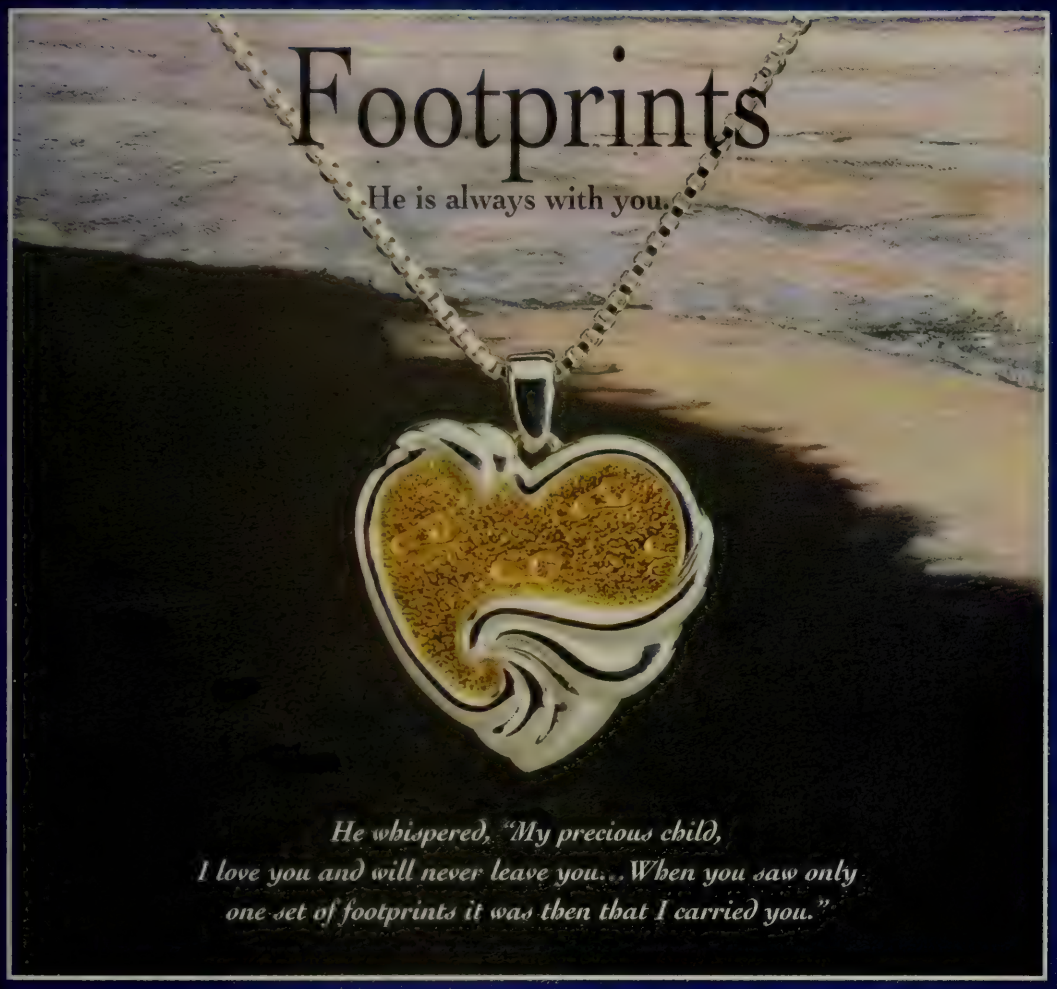
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Healthful Gifts

continued from page 88

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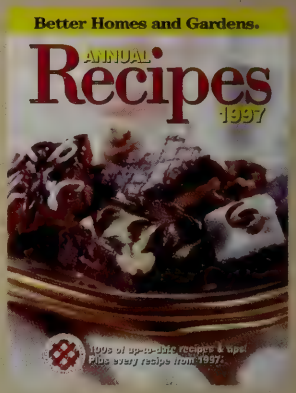
Baking garlic brings out its natural, sweet, nutty flavor. This terra-cotta **Garlic Roaster** from Fox Run Craftsmen features a glazed roasting plate and a high-domed lid. It measures about 5 inches in diameter and may be used in both conventional and microwave ovens. The price of the roaster is $13.95, which includes shipping, handling, and applicable sales tax.



Make frozen yogurt and ice cream in a quick 20 minutes or less! The secret to the **Donvier Basic Ice-Cream Maker** from Browne and Company is its cylinder. A nontoxic refrigerant is permanently sealed between its walls. When pre-chilled as directed in the instruction booklet, the cylinder is cold enough to freeze whatever desired flavored mixture is poured into it. *No salt, no ice, no electricity!* The unit costs $59.95, which includes shipping, handling, and applicable sales tax.

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1997 ANNUAL RECIPES



Favorite holiday recipes from this issue of *Better Homes and Gardens®* are among the collection of fantastic recipes offered in our new cookbook. In fact, every recipe published in the magazine in 1997 is included in this book, plus hundreds more. In it you'll find Buttery Fudgy Brownies, No-Fuss Sesame Chicken, Shrimp-Scallop Chowder, Caramel Apple Pie, and many more tempting recipes that are sure to be hits in your home. You'll also find secrets and shortcuts from the cooks in our Test Kitchen. The 336-page cookbook costs $14.95, plus shipping, handling, and applicable sales tax. This book is not available in bookstores, but you can call 800/439-4119 to order your copy by mail.

the clever cook™

Each month in this column, you'll find tips from other good cooks. See "Be a Clever Cook" (*right*) to find out how you can earn money for sharing your cooking secrets with us.

Simple as Pie

Here's an easy way to keep a single pastry crust in a 9-inch pan from shrinking when baking. Prick the pastry as directed in the recipe, then place an 8-inch cake pan on top of the pastry. Remove the 8-inch pan about 5 minutes before the piecrust is finished to allow it to brown.

Mary Thomas,
Seattle, Wash.

Quick Tip for Quick Bread

There's a sweet option to greasing and flouring loaf pans for your holiday quick breads such as pumpkin, date, or cranberry. Instead of greasing and flouring, spray the loaf pan with nonstick spray coating and then dust it with sifted powdered sugar.

Karolyn Jones,
Dayton, Ohio

Sweet Potato Secret

Purchased caramel apple dip makes a wonderful topping for sweet potatoes. Prepare sweet potatoes according to your usual recipe and spoon warm caramel apple dip on top. Sprinkle toasted pecans on top to add tasty crunch to this special dish.

Betty Juranek
Fairfield, Neb

Be a Clever Cook

The food editors of *Better Homes and Gardens®* magazine invite you to send us your niftiest kitchen tips. We're looking for original ideas that make cooking easier, more healthful, or more rewarding. We will pay $25 for each published tip. Please send tips to: The Clever Cook, *BH&G* Food Department, 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited for space. All letters become the property of *Better Homes and Gardens®* magazine.



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Step-By-Step Latkes

by David Feder

According to Jewish law, dancing and singing are required on Hanukkah. No solemn and somber occasion, Hanukkah is a celebration centered on lighting of the menorah, enjoying family, and sharing good things to eat. One food that has become closely associated with the holiday is the potato pancake—called *latke* in Yiddish.

Making a family production of latkes is a venerated holiday custom in many homes. The kids shred the potatoes, Mom mixes all the recipe ingredients together, and Dad forms and fries the latkes.

For this year's Hanukkah, which lasts from December 15 to 22, add fun and variety to an age-old tradition by making all three of these variations on the classic latke.

Classic Potato Latkes

You don't have to celebrate Hanukkah to enjoy a crisp and tasty potato pancake.

- 4 medium potatoes (about 1½ lb.)
- 3 Tbsp. rendered chicken fat (schmaltz)
- 2 slightly beaten eggs
- 2 cloves garlic, finely minced
- ½ tsp. salt
- 2 Tbsp. cooking oil
- Desired toppings (see *page 174*)

Step 1: Peel and finely shred potatoes. In a mixing bowl combine potatoes with chicken fat, eggs, garlic, and salt. Using ⅓ cup mixture for each latke, press mixture into patties about the size of the palm of your hand, squeezing out excess liquid.

Step 2: In a large skillet heat oil over medium-high heat. Carefully slide patties into hot oil.

Step 3: Cook over medium-high heat about 2 minutes or till latkes are golden brown, turning once.

Step 4: Repeat with remaining batter. Add additional oil during cooking, as needed.

If necessary, reduce heat to medium to prevent overbrowning. Drain on paper towels and keep warm. Serve with sour cream or other toppings, if desired. Makes about 10 latkes.

Nutrition facts per latke, with one teaspoon sour cream: 131 cal., 8 g total fat (2 g sat. fat), 46 mg chol., 167 mg sodium, 12 g carbo., 1 g fiber, and 3 g pro. Daily Values: 2% vit. A, 88% vit. C, 0% calcium, and 2% iron.

To make Sweet Potato and Currant Latkes: Peel and very finely shred 3 medium red or white sweet potatoes or yams (you should have about 3 cups).

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Latkes

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In a small mixing bowl pour 1 cup boiling water over ¼ cup dried currants; let stand 5 minutes, then drain. In a large mixing bowl combine 2 beaten eggs, ⅓ cup finely chopped hazelnuts, the currants, ¼ teaspoon ground cinnamon, ¼ teaspoon ground cloves, and ⅛ teaspoon salt. Stir in shredded potatoes. Prepare mixture the same as Classic Latkes.

Cook in 2 tablespoons cooking oil over medium-high heat for 3 to 4 minutes per side or till golden brown. Reduce heat to prevent overbrowning, if necessary. Add additional oil as needed to prevent sticking when cooking remaining latkes.

Drain and serve with applesauce or other toppings, if desired. Makes about 10 latkes.

Nutrition facts per latke: 126 cal., 8 g total fat (2 g sat. fat), 45 mg chol., 83 mg sodium, 12 g carbo., 2 g fiber, 3 g pro. Daily Values: 79% vit. A, 14% vit. C, 2% calcium, 4% iron.

To make Beet and Parsnip Latkes: Peel and very finely shred 3 medium beets and 2 medium parsnips. Rinse beets under cold running water and drain.

In a large mixing bowl combine the beets and parsnips with 3 beaten eggs, ¼ teaspoon salt, and ¼ teaspoon fresh ground pepper. In a large skillet heat 2 tablespoons cooking oil. For each pancake, spoon ⅓ to ½ cup beet mixture into hot skillet; flatten into a 3-inch round patty.

Cook over medium-high heat for 3 to 4 minutes per side or till golden brown. Drain and serve with sour cream or other toppings and garnish with fresh dill, if desired. Makes about 10 latkes.

Nutrition facts per serving: 75 cal., 4 g total fat (1 g sat. fat), 64 mg chol., 91 mg sodium, 7 g carbo., 2 g fiber, and 3 g pro. Daily Values: 2% vit. A, 9% vit. C, 1% calcium, and 3% iron.



4-STEP LATKES

1. In a large mixing bowl combine ingredients and press mixture into patties about the size of the palm of your hand, squeezing out excess liquid.
2. In a large skillet heat oil over medium-high heat. Using a wide pancake turner, carefully slide patties into hot oil.
3. Cook 3 or 4 latkes at a time over medium-high heat till golden brown, turning once.
4. Repeat with remaining batter. Add additional oil, if necessary. Set cooked latkes on paper towels to drain.

To make Potato-Horseradish Latkes: Peel and finely shred 4 medium potatoes (about 1¼ pounds). In a large mixing bowl combine potatoes with 1½ cups finely shredded horseradish root (about 2½ ounces). Stir in 2 large beaten eggs; 2 cloves garlic, finely minced; and ½ teaspoon salt.

Prepare horseradish latkes the same way as you would Classic Latkes. Cook in 2 tablespoons cooking oil; drain and serve with sour cream or other toppings, if desired. Makes about 10 latkes.

Nutrition facts per serving: 69 cal., 5 g total fat (1 g sat. fat), 53 mg chol., 163 mg sodium, 5 g carbo., 1 g fiber, 2 g pro. Daily Values: 2% vit. A, 34% vit. C, 1% calcium, and 2% iron.

To make Red Sweet Pepper Topping: In a small mixing bowl stir together ½ cup dairy sour cream or plain low-fat yogurt, ¼ cup finely minced red sweet pepper, and 2 teaspoons lemon juice.

Nutrition facts per 2-teaspoon serving: 21 cal., 2 g total fat (1 g sat. fat), 4 mg chol., 5 mg sodium, 1 g carbo., 0 g fiber, and 0 g pro.

To make Dilled Sour Cream Topping: In a small mixing bowl stir together ½ cup dairy sour cream, 3 to 4 teaspoons finely snipped fresh dill or 1 teaspoon dried dillweed, crushed, and 2 teaspoons lime juice.

Nutrition facts per 2-teaspoon serving: 21 cal., 2 g total fat (1 g sat. fat), 4 mg chol., 5 mg sodium, 0 g carbo., 0 g fiber, and 0 g pro.





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Sweet Reward

by Richard Swearinger

Too good to eat just at holidays, sweet potatoes are a standout whenever they're served.

Once a year—twice at most—sweet potatoes appear at our tables, shrouded beneath clouds of golden-brown marshmallows and basking in a steamy, rich sea of butter and brown sugar. They're devoured, and then we spend the next 12 months wondering why we don't eat more of them. That's unfortunate, because few foods match this edible root for versatility and concentration of nutrients, including potassium and vitamins A and C.

Now is the ideal time to track them down; supply is greatest and prices are lowest in fall and winter. When shopping, look for small- to medium-sized potatoes that are firm and free of soft spots and blemishes. Certain varieties of sweet potatoes are sometimes sold in supermarkets as yams—either can be used in these recipes.

Sweet Potato Bread

Serve this sweet, spicy bread for a special breakfast treat. Slices can also be used to make French toast.

- 1¼ cups water
- 1 cup cubed, peeled sweet potato
- 1 cup buttermilk
- ¼ cup sugar
- 2 Tbsp. margarine or butter
- 2 tsp. salt
- 6¼ to 6¾ cups all-purpose flour
- 2 pkg. active dry yeast
- ½ cup sugar
- ½ cup chopped toasted walnuts
- 2½ tsp. pumpkin pie spice
- 1 recipe Powdered Sugar Icing (optional)

In a medium saucepan combine the water and sweet potato. Bring to boiling; reduce heat. Cover and simmer about 12 minutes or till sweet potato is very tender. Do not drain. With a potato masher, mash sweet potato in the water. Measure the sweet potato mixture. If necessary, add additional water to make 1¾ cups total.

Return sweet potato mixture to saucepan. Stir in buttermilk, the ¼ cup sugar, margarine or butter, and salt. (Mixture may appear curdled.) Heat or cool and stir as necessary till warm (120° to 130° F.); set aside.

In a large mixing bowl combine 2 cups of the flour and the yeast. Add the sweet potato mixture. Beat with an electric mixer on low to medium speed for 30 seconds, scraping the sides of the bowl. Then beat on high speed for 3 minutes. Using a wooden spoon, stir in as much of the remaining flour as you can.

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Double Layer Chocolate Pie

Prep Time: 15 minutes



4 oz. PHILADELPHIA BRAND® Cream Cheese, softened
1 Tbsp. sugar
2 cups + 1 Tbsp. cold milk
1 tub (8 oz.) COOL WHIP® Whipped Topping, thawed
1 KEEBLER® READY CRUST® Chocolate Pie Crust (6 oz.)
2 pkg. (4-serving size) JELL-O® Chocolate Flavor Instant Pudding & Pie Filling





1. In a large bowl, mix cream cheese, sugar, and 1 Tbsp. milk with wire whisk until smooth. Gently stir in 1 1/2 cups whipped topping. Spread on bottom of crust.
2. In a second bowl, stir pudding mix into remaining milk until well blended. (Mixture will be thick.) Immediately stir in remaining whipped topping. Spread over cream cheese layer.
3. Refrigerate 4 hours. Makes 8 servings.

Whoever said
it's better to give than to receive,
never tasted this.



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After the dough is sprinkled with the sugar mixture, fold the dough in half so filling is completely enclosed.

rest for 10 minutes. Next, lightly grease two 8x4x2- or two 9x5x3-inch loaf pans; set aside.

On a well-floured surface roll out one portion of dough into a 15x10-inch rectangle. Combine the ½ cup sugar, ½ cup walnuts, and the pumpkin pie spice. Brush half the dough (about 10x7½ inches) with water.

Using about one-fourth of the sugar mixture, sprinkle mixture over the surface brushed with water. Fold the unbrushed portion of dough over the sugar mixture, making a 10x7½-inch rectangle. Roll out to a 12x8-inch rectangle. Brush surface lightly with water. Sprinkle with another one-fourth of sugar mixture to about 1 inch from edges.

Roll up, jelly-roll style, starting from one of the short sides. Pinch seam and ends to seal. Place, seam side down, in prepared loaf pan. Repeat rolling, filling, folding, and shaping with remaining dough and sugar mixture. Place seam side down in a prepared loaf pan.

Cover and let rise in a warm place about 30 minutes

Sweet Reward

continued from page 178

Turn the dough out onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes total). Shape dough into a ball. Place dough in a lightly greased bowl, turning once to grease the surface of the dough.



An easy way to tell if bread has doubled in volume is to poke two fingers about 1 inch into the dough. If the depressions remain, the dough is ready for its next step.

Cover and let rise in a warm place till double (45 to 60 minutes). (When poked with two fingers, dough will dent in and dents will not spring back.)

Punch dough down. Turn dough out onto a lightly floured surface. Divide dough in half. Cover and let





2 lbs. sweet potatoes, peeled and cut into 1-inch pieces
½ cup dry vermouth or white wine
⅓ cup very finely chopped shallots
1 Tbsp. margarine or butter, melted, or cooking oil
6 slices bacon, crisp-cooked, drained, and crumbled
1 Tbsp. snipped fresh parsley
1 Tbsp. margarine or butter, melted (optional)
Parsley sprigs (optional)

In a shallow roasting pan combine sweet potatoes, vermouth or wine, shallots, and the 1 tablespoon margarine, butter, or oil. Bake, covered, in a 400° oven for 30 minutes. Stir; roast, uncovered, 15 minutes more. Stir in bacon and snipped parsley; continue to roast 10 to 15 minutes more or till sweet potatoes are lightly brown and tender. If desired, toss potatoes with the 1 tablespoon of melted margarine or butter before serving. Garnish with parsley sprigs, if desired. Makes 6 side-dish servings.

Nutrition facts per serving: 194 cal., 5 g total fat (1 g sat. fat), 5 mg chol., 138 mg sodium, 30 g carbo., 4 g fiber, 4 g pro. Daily Values: 270% vit. A, 54% vit. C, 3% calcium, 5% iron.

or until nearly double. Bake in a 375° oven about 35 minutes or until bread sounds hollow when tapped. (If necessary, cover loosely with foil the last 15 minutes of baking to prevent overbrowning.) Remove bread from pans; cool completely on wire racks. Drizzle loaves with Powdered Sugar Icing. Cover and store at room temperature up to 3 days. Makes 2 loaves (about 32 servings).

Powdered Sugar Icing: In a small mixing bowl combine 1 cup sifted powdered sugar, 1 tablespoon milk, and ¼ teaspoon vanilla. Stir in additional milk, 1 teaspoon at a time, till icing is of drizzling consistency.

To make ahead: Prepare and bake bread as directed; cool completely and do not drizzle with icing. Place loaves in freezer container or bag and freeze up to 3 months.

Before serving, thaw bread at room temperature for 2 hours. Drizzle with icing when thawed.

Nutrition facts per serving: 133 cal., 3 g total fat (0 g sat. fat), 0 mg chol., 150 mg sodium, 24 g carbo., 1 g fiber, 3 g pro. Daily Values: 8% vit. A, 1% vit. C, 1% calcium, 7% iron.

Sweet Potatoes Roasted with Bacon

Sweet potatoes and bacon are a down-home combination. This version has been fortified with shallots and white wine.



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FESTIVE HOLIDAY TIPS FROM STOUFFER'S®

Holidays are a time when friends and family gather together, sharing memories, exchanging gifts, and enjoying favorite foods. To add some festive touches to your holiday table, here are a few easy-to-do suggestions brought to you by Stouffer's.

TIP #1

SET YOUR TABLE with a unique take-home place card: write each guest's name in icing on a gingerbread man or woman.

TIP #2

STIR A STEAMING MUG of hot chocolate with a cinnamon stick or candy cane.

TIP #3

MAKE YOUR OWN delicious butter spreads by blending different ingredients into softened butter, such as honey, orange juice and rind, herbs, garlic, or parmesan cheese.

TIP #4

SAVE TIME in the kitchen by serving Stouffer's Holiday Family Style Favorites side dishes. Stouffer's makes your family's favorites, like Whipped Sweet Potatoes, Apple Bread Pudding and Scalloped Potatoes.

Stouffer's®

Nothing Comes Closer to Home.



PHOTOGRAPH ANDY LYONS

Don't Forget the Pea Soup

Many of us have locked in our nostalgia files a memory of sitting down on a blustery day to a big bowlful of thick, rich soup. Nothing beats a good, hearty pea soup for re-creating such memories.

My Dad's Pea Soup

On Sunday afternoons, Dad would make a big pot of this soup to take us through the week—as if it could ever make it that long! Sunday nights found us, chunks of warm, crusty bread in hand, sopping up the last few drops in the pot.

- 1 lb. dry split green peas
- 2 qt. water (8 cups)
- ½ lb. beef shank
- 1 large onion, chopped
- 2 small carrots, peeled and coarsely chopped (⅔ cup)
- 2 small parsnips, peeled and coarsely chopped (⅔ cup)
- 3 cloves garlic, finely chopped
- 1 tsp. salt
- 2 bay leaves
- Carrot strips (optional)

Sort through dry peas and discard any pebbles or discolored peas. Rinse and drain peas; combine with other ingredients in 4-quart pot. Bring to boiling; reduce heat. Cover and simmer on low heat for 1 hour or till nearly smooth, stirring occasionally. Remove bay leaves and shank bone before serving.

If desired, when cool enough to handle, cut the meat off the bone and chop into small pieces. Return meat to soup and heat through before serving. Garnish with carrot strips, if desired. Makes 8 servings.

Nutrition facts per serving, with meat: 235 cal., 1 g total fat (0 g sat. fat), 7 mg chol., 297 mg sodium, 40 g carbo., 4 g fiber, and 17 g pro. Daily Values: 27% vit. A, 6% vit. C, 4% calcium, and 20% iron.

Sure, the turkey is the main course. But everyone ooh's and aah's over the side dishes.

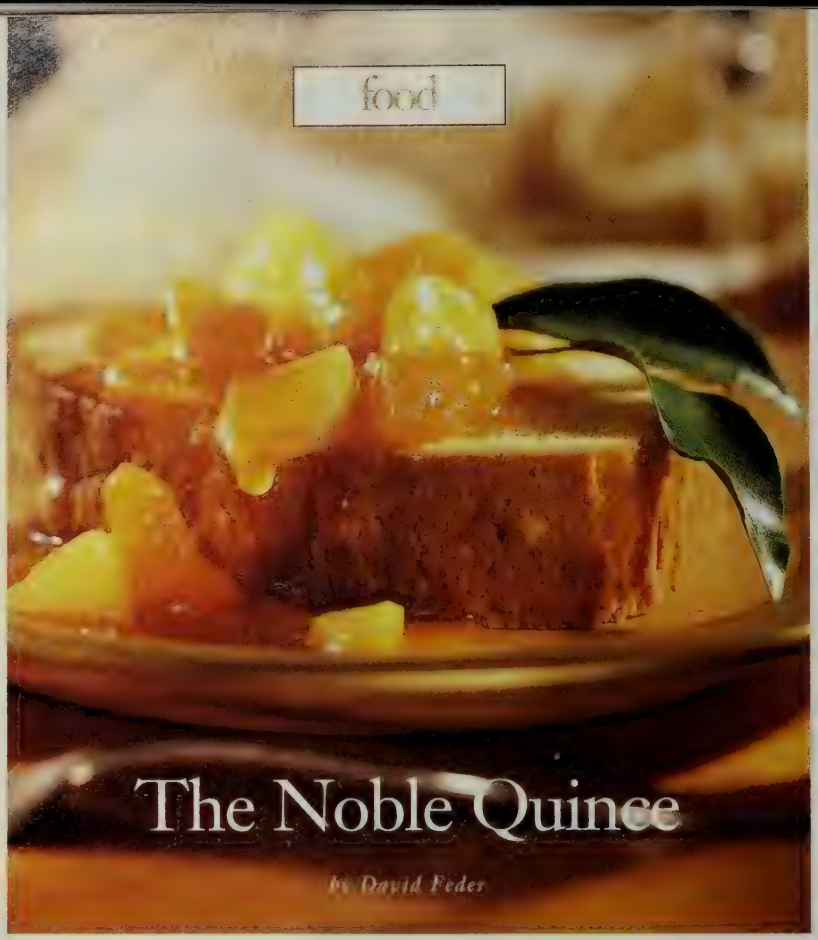


Nobody will notice the turkey when it's surrounded by Whipped Sweet Potatoes, Glazed Apples with Cranberries, or any of Stouffer's Holiday Family Style Favorites side dishes. Maybe the turkey should be called the side dish.



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The Noble Quince

by David Feder

Shaped like a wide-shouldered apple, the quince has the color and texture of a hard pear.

In medieval times, the quince symbolized love, joy, and harmony. Today, this often unnoticed and underappreciated fruit is poised for a renaissance—it's time the quince, that unsung Cinderella of the winter harvest, was invited to the ball.

Quinces can be eaten right off the tree, but they taste better cooked. The fruit's delicate, floral flavor and heady perfume belie its natural hardiness. Available fresh from late August through February, quinces keep for two months stored in the refrigerator or in a cool, dry place. Use quinces in preserves, pastries, pies, stuffings—or even salsas.

Quince-Apricot Compote

Warm this piquant compote and spoon it over thick slices of pound cake.

- 3 to 4 medium quinces (about 1 lb.)
- 1 large apple
- 1 cup apricot nectar or orange juice*
- ½ cup sugar
- ½ cup dried apricots, halved
- 1 tsp. ground cinnamon
- ¼ tsp. ground cloves

Peel quinces and apple; core and cut into bite-sized pieces. (Should have about 5 cups cut fruit total.) In a large saucepan combine quince, apple, nectar or orange juice, sugar, apricots, cinnamon, and cloves. Bring to boiling, stirring to dissolve sugar. Reduce heat.

Simmer, covered, for 20 minutes or till fruit is just tender, stirring occasionally. Serve warm or store covered in the refrigerator for up to 5 days. Use as a side dish, a condiment for roasted meats, or a topping for cake or ice cream. Makes 4 cups.

Nutrition facts per ½-cup serving: 127 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 4 mg sodium, 33 g carbo., 2 g fiber, and 1 g pro. Daily Values: 10% vit. A, 33% vit. C, 1% calcium, and 6% iron.

**Note:* If using orange juice, increase amount of sugar slightly to taste, if desired. ♦



QUINCE HINTS

Quinces are ripe when they are still quite firm, but no longer rock-hard, and have a strong, flowery aroma. Introduce yourself to this aromatic fruit by combining it with—or using it in place of—apples and pears. Prepare quinces as you would extra-hard pears, allowing a little extra cooking time.

To enjoy quinces raw, let them sit at room temperature for a few days till they soften slightly.

Even in season, not all supermarkets carry quinces. However, most stores will order them on demand. And, since they keep so well, don't be afraid to order a couple of pounds.


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INSTALLED BETWEEN JANUARY 1, 1980 AND THE PRESENT

PLEASE READ THIS LEGAL NOTICE

Notice Is Hereby Given, that a proposed Settlement has been reached in *Naef, et al. v. Masonite et al.* The Plaintiffs in this lawsuit allege that exterior hardboard siding made by Masonite Corporation is defective, causing Class Members to suffer damages. Defendants vigorously deny these allegations and any and all liability.

SETTLEMENT HEARING

A hearing will be held before the Hon. Robert G. Kendall, located at Government Plaza, 205 Government Street, Mobile, Alabama, 36644 at 9:00 a.m. on January 14, 1998 to determine whether the proposed Settlement Agreement on file with the Court is fair, reasonable, adequate, and in the best interests of the Settlement Class and whether a Final Judgment should be entered approving the Settlement Agreement.

SETTLEMENT TERMS

Each Eligible Claimant, upon proper verification and independent review of damaged Masonite Hardboard Siding, will be awarded damages according to a Compensation Formula established by the Settlement Agreement, unless the damage is subject to one of the specifically agreed upon causation exceptions. **In order to receive monetary benefits**, all Eligible Claimants shall be required, prior to an assessment of damages, to verify ownership of Masonite Hardboard Siding. The proposed Claims Period will run from 7 to 10 years, depending upon the product's manufacture date.

YOUR RIGHTS

If you believe you are a member of the Settlement Class, you have the following options: (a.) If you agree with the Settlement, you need do nothing at this time to preserve your ability to make a claim under this Settlement Agreement; (b.) You may object to or comment on the terms of the Settlement Agreement if and only if you comply with the procedures set forth below.

COMMENTS & OBJECTIONS

You may send written comments in support of or objecting to the Settlement. If you have a valid objection, or wish to be heard in support of the Settlement, you may be permitted to appear at the Hearing to Show Cause why the Settlement should or should not be approved by the Court, if you timely take the following steps:

- **You must notify the Court and both parties' Counsel by December 31, 1997**, with a written notice of your intention to appear, a summary of your reasons for supporting or objecting to the Settlement and a statement under penalty of perjury verifying your ownership of Masonite Hardboard Siding;
- **You must serve your papers** upon the Counsel at the following addresses: (1.) Robert H. Shulman, Esq. - Howrey & Simon, 1299 Pennsylvania Ave., NW, Washington, DC 20004 - OR - Stephen M. Bickford, Esq. - Tobin & Tobin, One Montgomery St., 15th Floor, San Francisco, CA 94104 (COUNSEL FOR DEFENDANTS); - AND - (2.) Elizabeth J. Cabraser, Esq. - Lieff, Cabraser, Heimann & Bernstein, 275 Battery Street, 30th Floor, San Francisco, CA 94111(COUNSEL FOR PLAINTIFFS).

EXCLUSION FROM SETTLEMENT

If you **do not** wish to remain a Class Member and participate in the proposed Settlement, and wish to exclude yourself, or "opt out" of this lawsuit, you must submit a signed and notarized letter postmarked **no later than December 31, 1997**.

(a.) Your letter **MUST** include: the name of the case (*Naef v. Masonite Corp.*, Civil Action No. CV-94-4033), your name, address and telephone number, and number of units of property containing the Siding;

(b.) Your request **MUST** be mailed to the Counsel identified above.

If you properly request exclusion from the Settlement Class: you will be excluded from the Settlement Class; will not be permitted to object to the Settlement; and you will not be bound by the final judgment entered under this Settlement.

THIS IS A SUMMARY ONLY;

FOR FURTHER INFORMATION, PLEASE CALL:

1-800-330-2722

or write: Masonite Settlement, P.O. Box 925, Minneapolis, MN 55440-0925

This information is also available on the Internet at:

http://www.kinsella.com/masonite/

PLEASE DO NOT CONTACT THE COURT OR THE CLERK'S OFFICE FOR INFORMATION.

By Order of the Mobile County Circuit Court. DATED: September 29, 1997; THE

food

Rice Pudding, One Step to the East



One of your favorite childhood desserts is a popular treat around the world. This Indian-style variation on rice pudding adds mystery and spice to the well-loved classic.

Indian-Style Rice Pudding

Basmati rice works best for authentic Indian rice pudding. Once only available in specialty stores, basmati—or its Texas cousin Texmati—can now be found in many supermarkets.

- 3 cups milk
- ⅓ cup basmati or long-grain rice
- ⅓ cup snipped dried apricots
- ¼ cup sugar
- 3 Tbsp. toasted sliced almonds
- 1 tsp. rose water or ½ tsp. vanilla
- ¼ tsp. ground cinnamon
- ¼ tsp. ground cardamom
- 2 Tbsp. ground pistachios, cashews, or almonds
- Warm milk (optional)

In a heavy medium saucepan bring 3 cups milk just to boiling; stir in rice. Cover; cook over low heat for 30 to 35 minutes or till most of the milk is absorbed, stirring occasionally. (Mixture may appear curdled.) For a thicker pudding, simmer, uncovered, 5 minutes more. Remove from heat. Stir in apricots, sugar, sliced almonds, rose water or vanilla, cinnamon, and cardamom. Cool for 30 minutes. Spoon into dessert cups; top with ground nuts. If desired, serve with warm milk. Makes 6 servings.

Nutrition facts per serving: 220 cal., 6 g total fat (2 g sat. fat), 11 mg chol., 75 mg sodium, 34 g carbo., 2 g fiber, and 8 g pro. Daily Values: 15% vit. A, 3% vit. C, 17% calcium, and 10% iron. ♦

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Favorites Forever: Buttery Cashew Brittle

by David Feder

Our "Favorites Forever" series, celebrating the 75th anniversary of *Better Homes and Gardens®* magazine, comes to a close this month. Could it be we saved the best favorite recipe for last?

First published in 1974, this upscale take on old-fashioned peanut brittle inspired many readers to write when they had never written to a magazine before. No wonder: One buttery, crunchy bite and words like "indulgent" and "decadent" dance through your mind.

Buttery Cashew Brittle

This large recipe—it makes enough to share as a holiday gift—can also be used with peanuts, almonds, or macadamia nuts. But try it with cashews first to savor the experience.

- 2 cups sugar
- 1 cup light-colored corn syrup
- ½ cup water
- 1 cup butter
- 3 cups (about 12 oz.) raw cashews
- 1 tsp. baking soda, sifted

In a 3-quart saucepan combine sugar, corn syrup, and water. Cook and stir till sugar dissolves. Bring syrup to boiling; add butter and stir till butter is melted. Clip a candy thermometer to side of pan. Reduce heat to medium low; continue boiling at a moderate, steady rate, stirring occasionally, till thermometer registers 280° (about 35 minutes). This is the soft-crack stage.

Stir in the nuts; continue cooking over medium-low heat stirring frequently till thermometer registers 300° (10 to 15 minutes more). This is the hard-crack stage.

Remove mixture from heat; remove thermometer. Quickly stir in the baking soda, mixing thoroughly. Pour mixture onto two buttered baking sheets or two buttered 15x10x1-inch pans.

As the cashew brittle cools, stretch it out by lifting and pulling with two forks from edges. Loosen from pans as soon as possible; pick up sections and break them into bite-size pieces. Store tightly covered. Makes about 2½ pounds (72 servings).

Nutrition facts per serving: 90 cal., 5 g total fat (2 g sat. fat), 7 mg chol., 47 mg sodium, 11 g carbo., 0 g fiber, 1 g pro. Daily Values: 2% vit. A, 0% vit. C, 0% calcium, 3% iron.

Handy Candy-Making Tips

Candy recipes call for a little more precision than most recipes. Try the following tips for foolproof results:

- Candy mixtures should be cooked to the exact temperatures the recipe calls for. A good candy thermometer is a worthwhile investment. Before you start to make candy, test your thermometer with boiling water.
- Use only wooden spoons for stirring candy mixtures.
- Make homemade candy on a dry day. Candy mixtures react to the humidity in the air. If the humidity goes above 60 percent, your candy may not set properly.
- Only butter should be used in candy recipes unless the recipe specifically allows for margarine to be used instead. If using margarine, make sure it is not a reduced-fat variety.

Kellogg's®

Crispix Mix.®



Your guests would applaud, if their hands weren't full.



Kellogg's® Crispix Mix® Original Recipe

(Serves 10 to 12)

- 7 cups Kellogg's® Crispix® cereal
- 1 cup mixed nuts
- 1 cup pretzels
- 3 tablespoons margarine, melted
- 1/4 teaspoon garlic salt
- 1/4 teaspoon onion salt
- 2 teaspoons lemon juice
- 4 teaspoons French's Worcestershire Sauce

1) Combine Kellogg's® Crispix® cereal, nuts, and pretzels in a 13x9x2-inch baking pan. Set aside.

2) Stir together remaining ingredients. Gently stir spices and margarine into cereal mixture until evenly coated.

3) Bake at 250°F about 45 minutes, stirring every 15 minutes. Spread on paper towels to cool. Store in airtight container.

YIELD: About 9 cups.

Nutrition Facts: Serving size 1/2 cup (28 grams)
Calories 110 • Fat cal 54 • **% Daily Value** Total fat 10% (6g) • Sat fat 5% (1g) • Cholest 0% (0mg) • Sodium 11% (260mg) • Total carb 5% (14g) • Fiber 5% (1g) • Sugars 2g • Protein 2g • Vitamin A 10% • Calcium 0% • Iron 6%

NOTE: Dry roasted mixed nuts may be used in place of regular mixed nuts and reduced-calorie margarine for regular margarine.

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Ham It Up

A baked ham presents the cook with two opportunities to shine: The first is when the succulent entrée makes its grand entrance at the table. The second comes when this pricey piece of protein is served up as leftovers. Bolster your reputation as a savvy cook with these recipes that put a spotlight on the ham and use its smoky, meaty flavors to best advantage.

However you prepare it, be sure to use ham within seven days after cooking. If you want to freeze it, wrap tightly in plastic and foil. Store for no longer than two months.

Baked Sunrise Frittata

A frittata is similar to an omelet, except that in a frittata, the filling ingredients are mixed through the eggs and the dish is served open faced. (In an omelet, fillings are added to the top just before the eggs are folded over.)

- 1½ cups potatoes, cut in ½-inch cubes
- 1 Tbsp. cooking oil
- 1½ cups finely chopped cooked ham (8 oz.)
- ¾ cup shredded cheddar cheese (3 oz.)
- 2 8-oz. cartons refrigerated or frozen egg product, thawed, or 8 slightly beaten eggs
- ⅓ cup milk
- 1 4-oz. can diced green chili peppers
- ¼ cup finely chopped green onion
- 2 tsp. snipped fresh oregano or ½ tsp. dried oregano, crushed
- ¼ tsp. salt
- ½ of a 7-oz. jar roasted red sweet peppers, cut into thin strips
- 1½ cups salsa
- ¼ cup snipped fresh cilantro
- Sliced green onion (optional)
- Shredded Parmesan cheese (optional)

In a 10-inch oven-safe skillet* cook potatoes in hot oil, uncovered, over medium heat for 5 minutes, stirring occasionally. Cover and cook 5 minutes more or till tender, stirring once. Remove from heat. Sprinkle ham and ½ cup of the cheddar cheese over the potatoes. In a large mixing bowl stir together egg product or eggs, milk, chili peppers, chopped green onion, oregano, and salt. Pour into skillet.

Arrange the pepper strips spoke-fashion on top of frittata. Bake, uncovered, in a 350° oven for 25 to 30 minutes or till center is just set and knife inserted comes out clean.

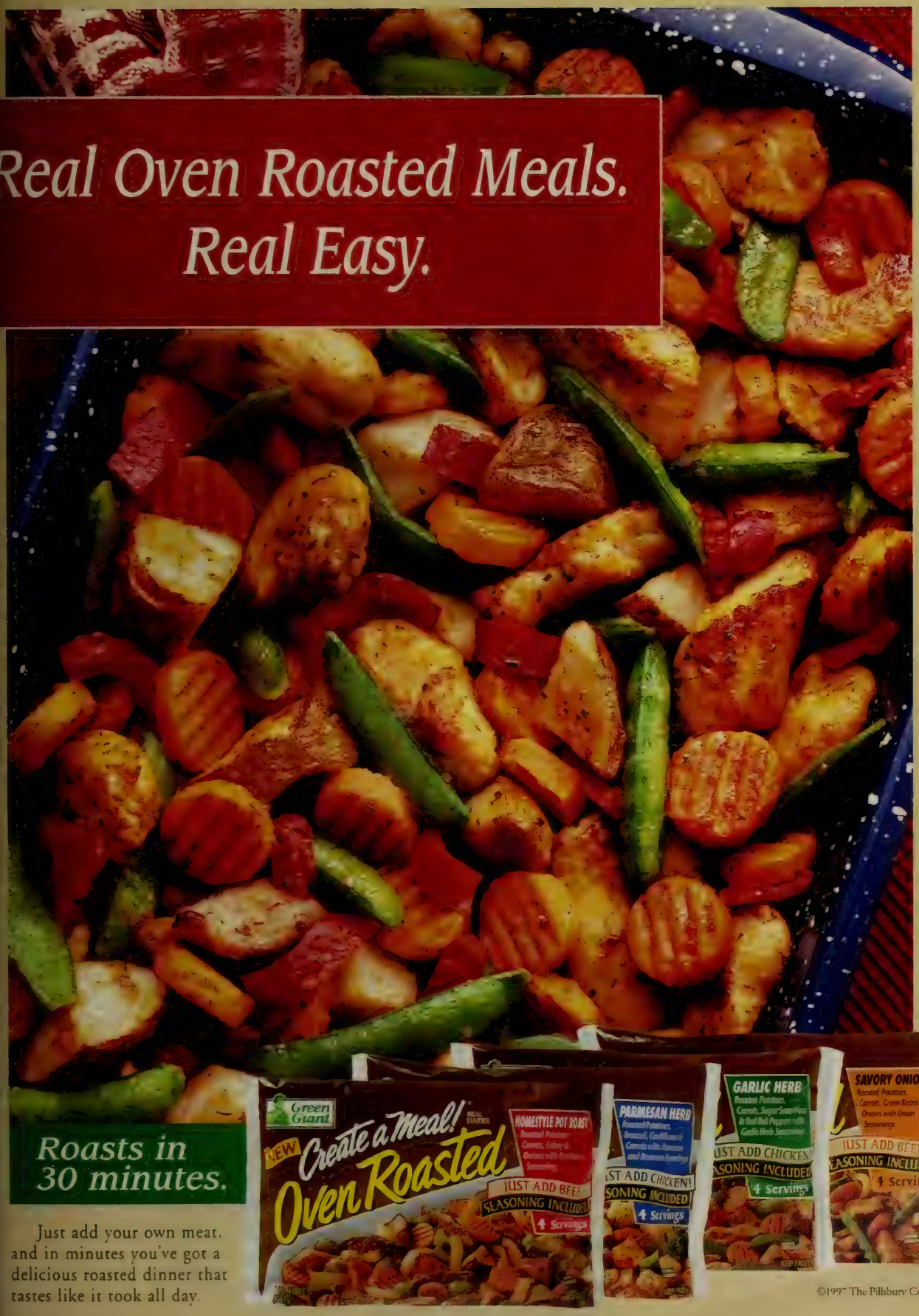
Sprinkle top with remaining ¼ cup cheddar cheese. Let stand for 5 minutes. Meanwhile, in a small saucepan stir salsa and cilantro together, heat through.

To serve, cut frittata into wedges; serve with salsa mixture and sprinkle with green onion and Parmesan cheese, if desired. Makes 8 servings.

Nutrition facts per serving: 196 cal., 10 g total fat (3 g sat. fat), 26 mg chol., 762 mg sodium, 11 g carbo., 0 g fiber, 17 g pro. Daily Values: 25% vit. A, 67% vit. C, 12% calcium, 18% iron.

continued on page 190

Real Oven Roasted Meals. Real Easy.



Roasts in 30 minutes.

Just add your own meat, and in minutes you've got a delicious roasted dinner that tastes like it took all day.

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Ham It Up

continued from page 188

*An oven-safe skillet is one with a handle that will not melt or burn at oven temperatures. If you're not sure, contact the store where you purchased it or the manufacturer.

Ham and Vegetable Soup

When you need a taste of sunshine, sink a spoon into this medley of ham, carrot, spinach, and herbs.

- 1 medium onion, chopped (½ cup)
- 2 cloves garlic, minced
- 1 Tbsp. margarine or butter
- 5 cups water
- 6 oz. tiny new potatoes, cut into ¾-inch pieces (1¼ cups)
- 1 medium carrot, sliced (½ cup)
- ½ cup long-grain rice





- 1½ tsp. instant chicken bouillon granules
- 2 Tbsp. snipped fresh dillweed or 1 tsp. dried dillweed
- ¼ tsp. white or black pepper
- 2 cups cooked reduced-sodium or regular ham, cubed (10 oz.)
- ½ of a 10-oz. pkg. fresh spinach, stems removed and leaves chopped (about 3¼ cups, lightly packed)
- 1 cup light cream or half-and-half
- Fresh dill (optional)

In a 4-quart pot cook onion and garlic in hot margarine or butter till tender. Add water, potatoes, carrot, rice, bouillon granules, dried dillweed, if using, and pepper. Bring to boiling; reduce heat. Simmer, covered, for 15 minutes, or till rice and vegetables are just tender. Add ham, spinach, and fresh dill, if using; simmer, covered, for 1 to 2 minutes more, just till spinach is wilted. Stir in cream or half-and-half; heat through, but do not boil. If desired, garnish each serving with additional fresh dill. Makes 9 cups (5 main-dish servings).

Nutrition facts per serving: 260 cal., 10 g total fat (5 g sat. fat), 42 mg chol., 960 mg sodium, 29 g carbo., 2 g fiber, 15 g pro. Daily Values: 58% vit. A, 39% vit. C, 8% calcium, 19% iron.

Ham and Pesto Lasagna

This hearty reworking of a comfort-food classic can also be made a day ahead.

- 9 lasagna noodles (8 oz.)
- 3 Tbsp. margarine or butter
- 3 Tbsp. all-purpose flour
- ¼ tsp. pepper
- 1⅓ cups milk
- ⅓ cup purchased pesto
- 1 10-oz. pkg. frozen chopped spinach, thawed and well-drained
- 1 egg
- 1 15-oz. container ricotta cheese
- ¼ tsp. pepper
- 1½ cups cubed cooked ham (8 oz.)
- 1 small tomato, seeded and chopped
- ½ cup shredded mozzarella cheese (2 oz.)
- Finely shredded Parmesan (optional)
- Fresh oregano leaves (optional)

Cook lasagna noodles according to package directions. Drain; rinse with cold water. Drain well and set aside.

Meanwhile, in a medium saucepan melt margarine or butter. Stir in flour and the first ¼ teaspoon pepper. Add milk all at once. Cook and

continued on page 192

"C'est magnifique!" your tastebuds will sing of Coffee-mate French Vanilla. Of course you'll want to reward them again and again for their obvious good taste. The moment they encounter the creamy richness

{For added inspiration, try our heavenly Amaretto or nutty Hazelnut flavors}



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YOU COULD
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IN GROCERIES
ENTER DOMINO® SUGAR'S
"Most Original Cookie"
CONTEST
Your winning recipe will appear on 5 million bags of
Domino SUGAR

OFFICIAL RULES TO ENTER: Create an original cookie recipe using a minimum of 1/2 cup Domino Granulated Sugar & other ingredients commonly available in food stores. Recipe must use standard U.S. measurements, list ingredients in order of use followed by complete step-by-step cooking instructions & number of servings. Recipe must be completely prepared & cooked in one hour or less using standard home kitchen appliances. Entry must be typed or clearly printed on an 8-1/2" x 11" paper with entrant's name, complete address, daytime phone # & recipe name at the top of the page. Send recipe entry accompanied by **1 UPC label removed from 5-lb. bag of Domino Sugar** to: Domino Sugar Contest, P.O. Box 8060, Grand Rapids, Minnesota 55745-8060. **Entries must be received by 4/30/98.** Residents of VT, MD & ND may omit UPC. Enter as often as you wish, but each entry must be different, mailed separately & include proof-of-purchase, which may not be mechanically reproduced. No entry will be returned. Domino Sugar Corporation is the "Sponsor" of this contest. Entry must be entrant's original creation, developed solely by entrant & may not have won any other award. Entry may not infringe upon any other parties' personal or proprietary rights. Finalists must sign statement regarding authenticity of work. Entrants agree to be bound by official rules. Failure to comply will result in disqualification. No correspondence regarding entries will be entered into with entrants. All entries submitted belong exclusively to Sponsor. Entrant unconditionally assigns & transfers to Sponsor all right, title, interest & claim, which it now has or may in the future have, to the entries. Sponsor has right to use, assign or dispose of all entries however it sees fit without approval of entrants or any third parties. Entrant shall have no rights to bring (& covenants not to bring) any claim, action, or proceeding against Sponsor, or Marden-Kane, Inc., or any of their respective companies, agents, employees, officers, directors, employers or shareholders in connection with this contest. Entrants shall not receive any compensation or credit for use of their entries, other than that, which is disclosed in these rules. Sponsor & its agencies are not responsible for damaged, late, lost, illegible, postage due or misdirected entries. One (1) GRAND PRIZE: $10,000 in groceries, awarded as gift certificates or equivalent, redeemable at a single grocery chain/store chosen by winner. Prize subject to terms & conditions listed on certificates. Grand prize winner's name & recipe will be featured on 5-lb. bag of Domino Sugar some time during 1998. Taxes on prize are responsibility of winner. No substitution or transfer of prize. JUDGING: All qualified entries will be judged based on: originality of recipe (50%); taste (30%); ease of preparation (20%). Judging will be conducted under the supervision of Marden-Kane, Inc., an independent judging organization. Twenty finalists will be notified by mail on or about 6/1/98 & will be required to sign an affidavit of authenticity/eligibility & a waiver agreement/release. If completed affidavit/waiver is not returned within 10 days of notification, or is returned as undeliverable, alternate finalist(s) will be selected. Winner will be notified by mail on or about 7/1/98. In the event of a tie, the entries involved will be re-judged by an additional independent judge who will serve as a tiebreaker & will evaluate tied entries according to the criteria listed. Judges' decisions are final. Non-winning entrants waive right to make any claim that they are entitled to a prize based upon similarity of their entry to the winning entry. Contest open to legal residents of the U.S. 18 or older. Employees and immediate families of Domino Sugar Corp. & its subsidiaries, affiliates, distributors, agents, & Marden-Kane, Inc., may not enter. Contest void in Puerto Rico & wherever prohibited or restricted by law. All federal, state & local laws apply. Entrants agree that Sponsor, its agents & affiliated companies & all of their employees, officers, directors & shareholders assume no liability for damages, losses or injuries resulting from participation in this contest, acceptance or use of any prize, or arising out of Sponsor's use of any entry. Winner grants permission for use of his/her name, photograph/likeness for advertising & promotion for this & similar promotions without additional compensation, unless prohibited by law. For name of winner send a SASE to: Domino Sugar Winner, P.O. Box 707, Sayreville, NJ 08871-0707.



We'll always be your sugar.

Ham It Up

continued from page 191



stir over medium heat till thickened and bubbly. Remove from heat. Stir in pesto. Set aside.

For filling, pat the drained spinach dry with paper towels. In a medium mixing bowl beat egg; stir in ricotta cheese and remaining ¼ teaspoon pepper. Stir in spinach, ham, and tomato.

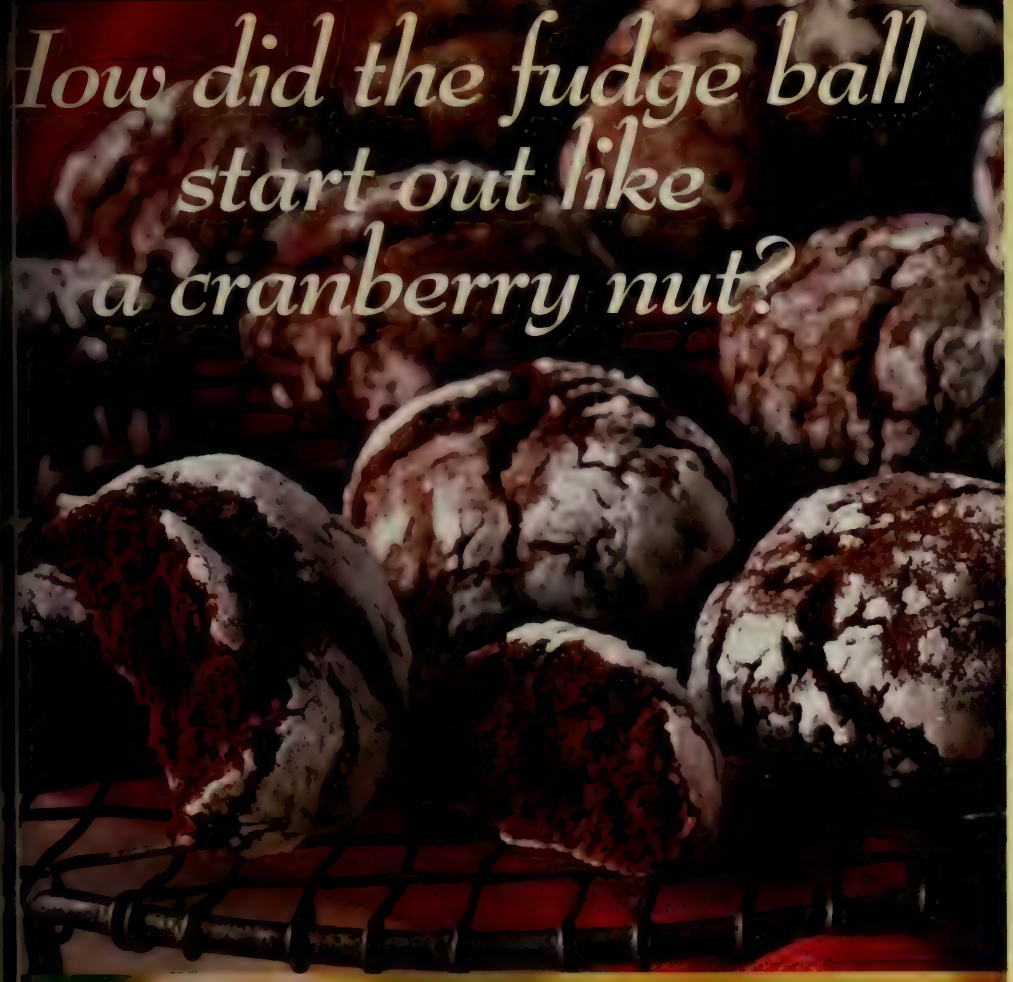
Layer one-third of the cooked noodles in a 2-quart rectangular baking dish, trimming as necessary to fit. Top with half of the ricotta mixture (about 2 cups) and ½ cup of the pesto mixture. Repeat layers. Top with remaining noodles. Spoon remaining pesto mixture over the top; spread evenly.

Cover and refrigerate overnight or up to 24 hours.

Bake, loosely covered with foil, in a 350° oven about 45 minutes or till heated through. Uncover; sprinkle with mozzarella cheese and bake 4 to 5 minutes more or till cheese is just melted. Sprinkle with finely shredded Parmesan, if desired. Let stand 10 minutes. Cut in squares to serve. Garnish with oregano leaves, if desired. Makes 8 servings.

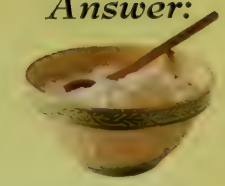
To make ahead: Cover and refrigerate up to 24 hours. Bake, loosely covered with foil, in a 350° oven 55 to 60 minutes or till heated through. Uncover; sprinkle with mozzarella cheese and bake 5 minutes more or till cheese is just melted. Sprinkle with finely shredded Parmesan, if desired. Let stand 10 minutes before cutting.

Nutrition facts per serving: 374 cal., 20 g total fat (5 g sat. fat), 66 mg chol., 618 mg sodium, 28 g carbo., 0 g fiber, 21 g pro. Daily Values: 36% vit. A, 19% vit. C, 23% calcium, 14% iron.





Answer:



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For your FREE "Cookies Your Way" booklet, *send your name and address to:*

Domino Sugar
Cookie Mix Recipes
P.O. Box 17037, Dept. CM
Hauppauge, NY 11788

Please allow 6-8 weeks for delivery.

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PRIZE TESTED RECIPES®

Win Money

Your original recipe could be worth up to $400 and net you a kitchen full of new appliances. Send your recipes (ones that have never before been published) to our Prize Tested Recipes® contest, which features two new categories each month. Seven months later, we'll publish the four winning recipes.

One Annual Grand Prize:

General Electric Profile Appliances
(refrigerator, dishwasher, microwave oven, and range or cooktop/oven; approximate retail value: $5,000)

Monthly Prizes:

Two $400 winners, Two $200 winners, Ten $50 honor rolls

This Month's Winners—Pages 197 and 198

$400 Winners: Josephine B. Piro, Easton Pa.; Stefin Preboski, Snohomish, Wash.
$200 Winners: Grace A. Eckstorm, Chandler, Ariz.; Ellen Hardy, Salt Lake City, Utah
$50 Honor Roll Winners: Natalie Barton, Woodland Hills, Calif.; Judy Burk, Oakland, Calif.; Geraldine A. Delaney, Bel Air, Md.; Carol Krob, Iowa City, Iowa; Lenore Laciny, Ambler, Pa.; Margaret Millard, Grand Rapids, Mich.; Barbara Morgan, Concord, Calif.; Sari Shifrin, Ann Arbor, Mich.; Tong-Dom Vorachak, Woodstock, Ill.; Virginia Winterson, New Bedford, Mass.

July 1998 Categories

Great Ways with Greens: Collards or kale, mustard or mizuna, or any other great greens make wonderful accompaniments to meals. Show us some stand-out salads or side dishes.

Sandwiches of Summer: Let's keep the kitchen cool and create a fresh and fun sandwich. Venture beyond your basic bologna on bread and experiment with unique fillings for flatbreads, sourdough, tortillas, and more.

Contest Rules: 1. The contest is open to legal U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and their immediate families. 2. With each entry, clearly print or type your name, address, phone number, and recipe marked "July Great Ways with Greens" or "July Sandwiches of Summer." Specify brands and recipe origin. 3. Address recipes to 9807 Food Department, *Better Homes and Gardens®*, Des Moines, IA 50309-3023. 4. Entries must be postmarked by December 21, 1997, and received by December 30, 1997. 5. Monthly winners will be selected about 60 days later, then notified by mail. Winners must sign affidavit and release. The annual grand prize winner will be selected from 1998 top winners on or about October 1, 1998, and will be notified by mail. The grand prize winner will choose up to $5,000 worth of General Electric Profile appliances from a local dealer at the dealer's then-current retail prices. Any applicable sales tax, delivery charges, or additional costs will be included in the $5,000 prize. Cash will not be offered in lieu of prizes. 6. Entries must be your original recipes. No previously published recipes. They will be judged on creativity, taste, and practicality by *BH&G®* editors. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use winner's name and hometown for editorial and promotional purposes, except where prohibited by law.

Nutrition Information

HOW TO MAKE IT WORK FOR YOU

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens®* Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

With each recipe, we give important nutrition information. The calorie count of each serving and the amount, in grams, of fat, saturated fat, cholesterol, sodium, carbohydrates, fiber, and protein will help you keep tabs on what you eat.

You can check the levels of each recipe serving for vitamin A, vitamin C, calcium, and iron. These are noted in percentages of the Daily Values. The Daily Values are dietary standards determined by the Food and Drug Administration (FDA).

How we analyze

We omit optional ingredients from the analysis. The analysis is calculated using 2 percent milk.

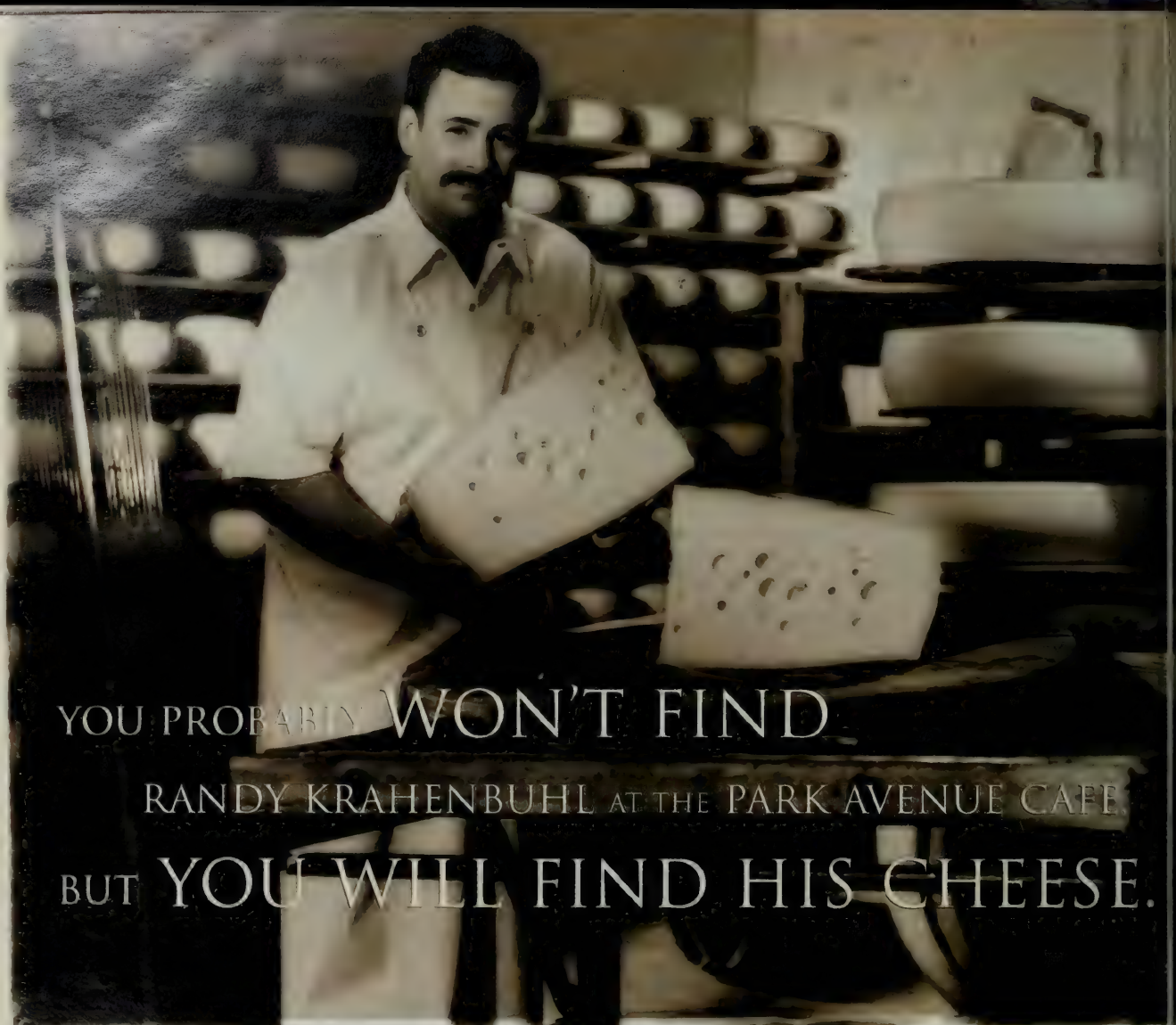
When ingredient choices appear in a recipe (such as margarine or butter), we use the first one mentioned for analysis. We use the first serving size listed when a range is given.

What you need

Calories: About 2,000
Total fat: Less than 65 grams
Saturated fat: Less than 20 grams
Cholesterol: Less than 300 milligrams
Carbohydrate: About 300 grams
Sodium: Less than 2,400 milligrams
Dietary fiber: 20 to 30 grams

The dietary guidelines above suggest the levels of nutrients that moderately active adults should strive to eat each day.

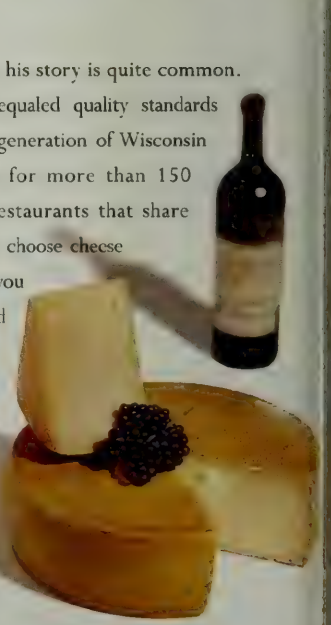




YOU PROBABLY WON'T FIND RANDY KRAHENBUHL AT THE PARK AVENUE CAFE. BUT YOU WILL FIND HIS CHEESE.



New York City is 960 miles from Monticello, Wisconsin. But watching Randy at work in his aging room, you quickly get a sense that it's not the distance that keeps him from venturing too far away — he'd simply rather be here than anywhere else. And why not? As a Master Cheesemaker, this is his art. And, this is his home. Randy grew up here, working alongside his father. Under Walter Krahenbuhl's watchful eye, Randy learned the subtle techniques of handcrafting splendid cheese. And he learned about perfection. It's a tradition of apprenticeship that continues with Randy's own son today. And while Randy is an exceptional cheesemaker, his story is quite common. Old world heritage and unequaled quality standards have been passed from one generation of Wisconsin cheesemakers to the next for more than 150 years. Maybe that's why restaurants that share Randy's passion for excellence choose cheese from Wisconsin. Of course, you can experience the same good taste in your own kitchen. Just look for the Wisconsin name the next time you select a fine cheese.



WISCONSIN
CHEESE

PRIZE TESTED RECIPES

see page 194 for details



$400
WINNER

Josephine B. Piro, Easton, Pa., in the Cocoa and Coffee Drinks category.
December 1997

Frothy Mocha Seville

Friends visiting on a wintry night inspired Josephine to create this coffee sensation.

- ½ cup packed brown sugar
- 4 oz. semisweet chocolate, cut up
- 2 oz. unsweetened chocolate, cut up
- 3 tsp. finely shredded orange peel
- ½ tsp. ground cinnamon
- 4 cups hot brewed coffee
- 1 cup half-and-half or light cream, warmed
- 1 recipe Whipped Topping
- Shredded orange peel (optional)

Place brown sugar, semisweet and unsweetened chocolate, the 3 teaspoons orange peel, and cinnamon in blender container. Cover and blend till chocolate is finely chopped. Remove half of the chocolate mixture; set aside. Add 2 cups hot coffee to blender container; cover and blend at medium speed till chocolate is melted. Add ½ cup half-and-half or cream; cover and blend till frothy. Pour into 4 cups.

In blender container combine reserved chocolate mixture and remaining 2 cups coffee. Cover and blend at medium speed till chocolate is melted. Add remaining ½ cup half-and-half or cream; cover and blend till frothy. Pour into 4 cups. Top each cup with a spoon of Whipped Topping and, if desired, shredded orange peel. Makes 8 servings.

Whipped Topping: In a chilled bowl combine ½ cup whipping cream, 1 tablespoon honey, and, if desired, 1 tablespoon orange liqueur. Beat with chilled beaters of an electric mixer on medium speed till soft peaks form.

Nutrition facts per serving: 245 cal., 17 g total fat (7 g sat. fat), 32 mg chol., 24 mg sodium, 27 g carbo., 1 g fiber, and 3 g pro. Daily Values: 10% vit. A, 2% vit. C, 5% calcium, and 8% iron.

Photographs: Scott Little

Clip and save recipes in your *BETTER HOMES AND GARDENS NEW COOK BOOK*

PRIZE TESTED RECIPES

see page 194 for details



$400
WINNER

Stefin Preboski, Snohomish, Wash., in the Holiday Breads category.
December 1997

Cranberry Bread with a Twist

Perfect for a holiday morning, this bread fills your kitchen with the aroma of Christmas.

In a large bowl stir together 1 cup *all-purpose flour* and 1 package *active dry yeast;* set aside. In a medium saucepan heat and stir ½ cup *milk*, ¼ cup *water*, 2 tablespoons *sugar*, 2 tablespoons *butter*, and ½ teaspoon *salt* till warm (120° to 130°) and butter almost melts. Add milk mixture to dry mixture along with 1 *egg*. Beat with an electric mixer on low speed for 30 seconds, scraping sides of the bowl constantly. Beat on high speed for 3 minutes. Using a wooden spoon, stir in 1½ cups *all-purpose flour.*

Turn dough out onto lightly floured surface. Knead in enough additional *flour* (¼ to ½ cup) to make a soft dough that is smooth and elastic (3 to 5 minutes total). Shape into a ball. Place in a lightly greased bowl, turning once to grease surface. Cover; let rise till double (1 to 1½ hours). Meanwhile, combine ½ cup *finely chopped cranberries*, ¼ cup *brown sugar*, 2 tablespoons *finely chopped pecans*, 1½ teaspoons *shredded orange peel*, ¼ teaspoon each *ground cinnamon* and *ground nutmeg*, and ⅛ teaspoon *ground cloves.* Set aside.

Punch dough down. Turn out onto lightly floured surface. Cover; let rest for 10 minutes. Melt 1½ teaspoons *butter.* Roll dough into a 14x10-inch rectangle. Brush with melted butter. Spread cranberry filling over dough. Roll up, jelly-roll style, starting from a long side. Seal seam. Cut roll in half lengthwise. Turn the cut sides up. Loosely twist halves together, keeping cut sides up. Pinch ends to seal. Place loaf on a greased baking sheet. Cover; let rise till nearly double (about 30 minutes). Bake in a 375° oven for 25 minutes or till golden. Cool on wire racks. Drizzle with Orange Icing. Makes 18 servings.

Orange Icing: In a small mixing bowl combine ½ cup sifted powdered sugar and about 1 to 3 teaspoons orange juice to make a drizzling consistency.

Nutrition facts per serving: 67 cal., 2 g total fat (1 g sat. fat), 10 mg chol., 47 mg sodium,

PRIZE TESTED RECIPES®

see page 194 for details

$200
WINNER

Grace A. Eckstorm, Chandler, Ariz., in the Holiday Breads category.
December 1997



Pesto Pinwheels

These quick-to-fix holiday rolls, packed with pesto, take advantage of frozen bread dough.

- 1 cup packed fresh basil
- ¾ cup pine nuts or almonds
- 3 Tbsp. olive oil
- 2 large cloves garlic, minced
- ½ tsp. salt
- ¼ tsp. pepper
- ½ cup grated fresh Parmesan cheese
- ½ cup grated fresh Romano cheese
- ⅓ cup diced pimiento
- 2 1-lb. loaves frozen bread dough, thawed
- Fresh basil sprigs (optional)

In a blender container or food processor bowl combine the 1 cup basil, pine nuts or almonds, 2 tablespoons of the olive oil, garlic, salt, and pepper. Cover and blend or process until mixture is finely minced. Place mixture in a bowl; stir in Parmesan cheese, Romano cheese, and pimiento. Set aside.

Lightly grease a 13x9x2-inch pan. Roll each of the loaves to an 8x8-inch square. Brush squares lightly with remaining 1 tablespoon olive oil. Spread half of the filling on each of the squares. Roll up each square, jelly-roll style. Seal seam. Slice each roll into 8 equal pieces (16 total). Place in prepared pan. Cover and let rise until nearly double (45 minutes to 1 hour). Bake in a 375° oven for 30 minutes or till golden. Cool slightly; remove from pan. Serve warm. Makes 16 servings.

Nutrition facts per serving: 224 cal., 8 g total fat (1 g sat. fat), 5 mg chol., 147 mg sodium, 26 g carbo., 0 g fiber, and 7 g pro. Daily Values: 1% vit. A, 5% vit. C, 9% calcium, and 5% iron.

Clip and save recipes in your *BETTER HOMES AND GARDENS NEW COOK BOOK*

PRIZE TESTED RECIPES®

see page 194 for details

$200
WINNER

Ellen Hardy, Salt Lake City, Utah, in the Cocoa and Coffee Drinks category.
December 1997



Hot Minty Cocoa

Mint-chip ice cream in each mug makes once-fundamental cocoa just plain fun.

- 4 cups milk
- ¾ cup sugar
- 1 tsp. peppermint extract or ¼ to ½ cup peppermint schnapps
- ½ cup unsweetened cocoa powder
- 1 pint mint chocolate chip ice cream
- Chocolate-flavored syrup
- 8 candy canes or peppermint sticks

In a large saucepan combine milk, sugar, peppermint extract (if using), and cocoa powder. Heat over medium heat till hot; do not boil. Add schnapps (if using); heat through. Pour into 8 large mugs. Float a scoop of ice cream in each mug. Drizzle with chocolate-flavored syrup. Serve with candy canes or peppermint sticks. Makes 8 servings.

Nutrition facts per serving: 263 cal., 8 g total fat (5 g sat. fat), 22 mg chol., 84 mg sodium, 42 g carbo., 0 g fiber, and 7 g pro. Daily Values: 9% vit. A, 1% vit. C, 18% calcium, and 7% iron.



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Win General Electric Profile appliances, worth up to $5,000 retail value!

Baker's®

DECEMBER

Never send a cookie to do a brownie's job.



Baker's® One Bowl™ German Sweet Chocolate Brownies

Prep: 15 minutes Bake: 35 minutes

1 pkg. (4 oz.) BAKER'S GERMAN'S® Sweet Baking Chocolat
1/4 cup (1/2 stick) butter or margarine
3/4 cup firmly packed brown sugar, divided
2 eggs
1/2 cup flour
1 cup chopped pecans or walnuts, divided, optional*
1 1/3 cups (3 1/2 oz.) BAKER'S ANGEL FLAKE® Coconut
1/4 cup milk

• **HEAT** oven to 350° F (325° F for glass baking dish). Grease bottom and sides of 8-inch square pan.

• **MICROWAVE** chocolate and butter in large microwavable bowl on HIGH 1 1/2 minutes or until butter is melted. Stir until chocolate is completely melted. (Or melt chocolate and butter in small heavy saucepan over low heat, stirring constantly until chocolate is melted and smooth.)

• **STIR** 1/2 cup of the brown sugar into chocolate until well blended. Mix in eggs. Stir in flour and 1/2 cup of the pecans until well blended. Spread in prepared pan.

• **MIX** coconut, remaining brown sugar and pecans in same bowl. Stir in milk until well blended. Spoon evenly over brownie batter.

• **BAKE** 35 minutes or until toothpick inserted in center comes out with fudgy crumbs. DO NOT OVERBAKE. Cool in pan. Makes 16 fudgy brownies.

* If omitting nuts, increase coconut to 2 2/3 cups (one 7-oz. pkg.)

Bakers always choose Baker's.™

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and protected from wear
keep it wrapped...
in Downy Care.
Introducing a new Downy® liquid
that not only gives clothes the most fluffy
softness, but now helps protect from fading,
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A Bird in the Hand...

...means zany entertainment when the Funkadellics bird puppets make their debut on your stage. The bright velour 9-inch hand puppets, complete with funky hats and friendly smiles, are machine-washable and huggable. Ages 2 and up. Puppets are $15 each from the Manhattan Toy Company, 800/747-2454.

by Debra Solberg Gibson

holiday wish list

Wow! Take a look at our special North Pole preview, guaranteed to keep anticipation high and fingers crossed. *continued on page 203*

One low-fat dog food has a better angle on taste.



When it comes to great taste in a low-fat dog food, dogs lean toward the one with all those crunchy Kibbles and chewy Bits. Kibbles 'n Bits Lean®. In fact, in taste tests Kibbles 'n Bits Lean is preferred over Fit & Trim 4 to 1!* Even with all that taste, Kibbles 'n Bits Lean has 10% less fat than Fit & Trim. And it's 100% nutritionally complete for adult dogs. So for great taste and less fat, dogs everywhere are inclined to say, "We're gonna get us some Kibbles 'n Bits Lean!"



Great taste. Less fat. It's gotta be Bits!

www.kibbles-n-bits.com

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BH&G kids

continued from page 201





Stuck On You

Weave whimsical tales with the Play Systems Junior Feltboard. Colorful themed felt play pieces cling to the feltboards so you can create scene after scene of magic and fun. Completely interchangeable with all FELTKids products, each set features several story opportunities, including prehistoric and *Alice in Wonderland* scenes. Ages 3 and up. Sets are $17.99 from Learning Curve, 800/704-8697.



Space Case

You determine the program for hours of innovation with this Robotix Computer Set. Intergalactic creations take on new dimensions with motors and a hand-held computer to do the work. The set includes the Robotix Computer, two motors, and a variety of Robotix parts. Ages 9 and up. Sets are $139.99 from Learning Curve, 800/704-8697.

continued on page 204

Which way does your dog lean?



Sure we've got studies showing how othe dogs prefer the taste of Kibbles 'n Bits Lean. But don't take our word for it. Give your do Kibbles 'n Bits Lean.® And find out that fo great taste and less fat...

It's gotta be Bits.



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* Based on testing vs. Purina Fit & Trim.
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BH&G kids

continued from page 203





Face It

From the creators of the wildly popular Magnetic Poetry Kit comes Maghead, 90 brightly colored shapes resembling those found in Picasso or Matisse paintings. Arrange the heads, facial features, hairstyles, and accessories to design your own wacky characters. Maghead can also help you learn colors, shapes and composition. Go wild! Maghead Kit is $19.95, and Display Board is $14.95, both from Magnetic Poetry, 800/370-7697.



If These Walls Could Talk...

...they'd echo the chatter and cheer inspired by this adorable indoor Victorian Playhouse. The six punch-out windows become toys and learning tools; the playhouse folds up and fits into a compact storage bag at the end of play. The sweetly decorated corrugated structure measures 56 inches high, 36 inches wide and 36 inches deep. Ages 2-8. Playhouse is $55 from My Little Hideway, toll-free 888/292-4433.



Blast Off!

You can ride on it. Or rest on it. Or watch TV on it. The Rocket Rider Drag Along is designed to move with you from room to room, thanks to its lightweight but durable nylon construction. And it's one toy that looks great propped in the corner at day's end. Ages 2 and up. Rocket is $110 from The Manhattan Toy Company, 800/541-1345.

continued on page 206

How long should toilet training take?

There are as many answers to that question as there are children. Some will train in a week. Some take months. Each child will learn at his or her own pace.

Forcing a child to train faster may actually slow things down. But there is one sure way to make things go smoother and easier.

Always be consistent.

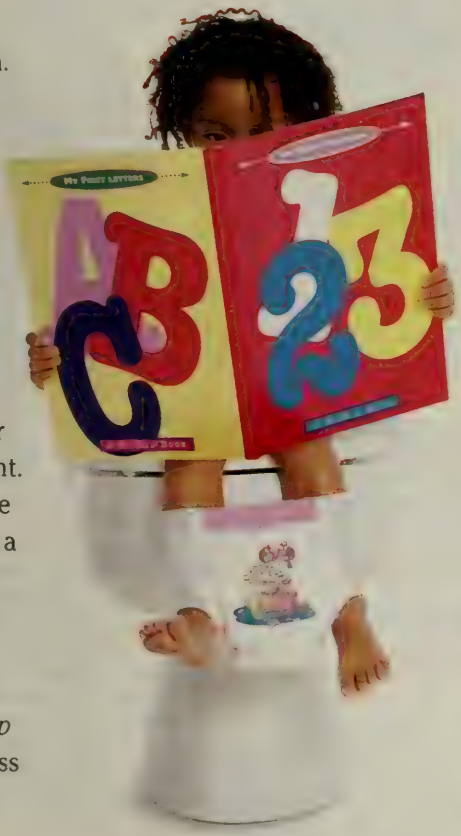
When you're teaching your toddler how to be a "Big Kid"—be consistent. Have a set time for naps. A set time for meals. A set way to wash, even a set way to tie shoes. It's especially important to be consistent during toilet training.

When you make the big switch from diapers to training pants, *keep* your child in training pants. Success may not be instant—but it will be easier in the long run.

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What if they train—then backtrack? What if they'll train for urine but not for BMs? How can you be sure they're ready to start in the first place? If you've got questions, we'd be glad to help. Come visit us on the Web anytime.

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In connection with the bankruptcy case of U.S. Brass, a settlement has been reached between the representatives of all persons with Qest® pipe systems, Eljer Industries, and Eljer Manufacturing (the parent companies of U.S. Brass). Under this settlement, in exchange for payments by Eljer, all possible claims against Eljer relating to Qest® pipe systems will be enjoined. **If the settlement and bankruptcy plan are approved, you will not be able to assert claims against Eljer in the future.**

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Qest® water pipe is a highly flexible plastic gray pipe. Look for the Qest® symbol on pipe in the attic and other easy to reach areas to see if you qualify. Qest® was not used for drains, waste pipes, or vents, but may be mixed with other brands.

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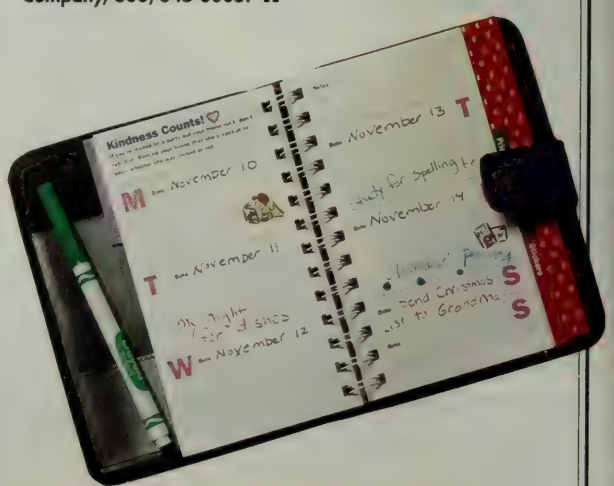
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continued from page 204



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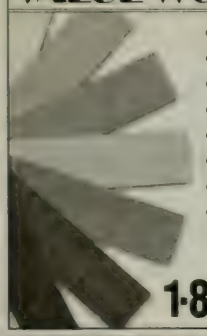
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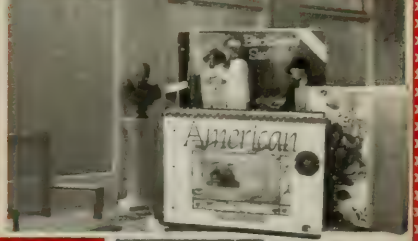
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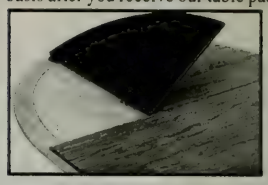
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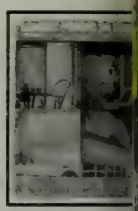
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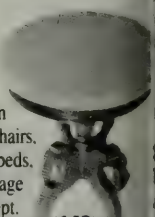
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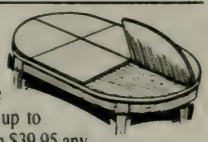
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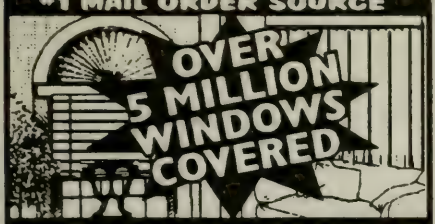
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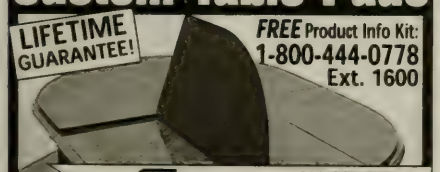
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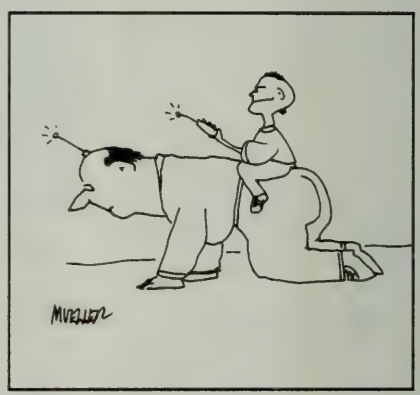
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DECEMBER 1997



Family dinnertime in the '90s.





"First their grass is greener than ours... Now their snow is whiter."

It's unfair, says Bill Norman, how every December the world embraces a fat man who smokes a pipe, doesn't shave, and never changes his suit. "Imagine if the average husband tried that," he says with a wink.

English teacher Don Hattar says he isn't impressed by the tattoo his son came home with from college, but at least it's spelled correctly.

Aunt Opal has noticed that many of the Christmas cards she's getting this year say the card is printed on recycled paper. "Does that mean they recycled the greeting, too?" she asked.

Burt Junior isn't thrilled with the new snowblower he bought for his lawn care business. "It's really no better than a leaf blower," he says. "It just moves things around. What I need is a snow melter."

It can be lonely being a doctor around the holidays. Dr. Bob Hannelly dreads parties because people see him and either head the other way or look for a place to stash their plate full of goodies.

Congressman Nick Hanfli says he loves to return home after months in Washington D.C., especially in December when people tend to forget what they're mad about.

Ken Floyd has a standard answer when he gets a telemarketing call. He says he'll listen to their pitch as soon as he tells them about the cleaning products he sells. "Usually they're so confused they just hang up."

1103.
Burton Hillis

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